

“Bosu-Lates” Class - Tuesdays 9:30am – 10:45 am

Pilates Mat Class - Fridays 9:30am – 10:45 am

Restore good posture

Lose weight/Reduce waist size

Increase core strength

Increase flexibility

Alleviate pain & tension

Improve balance

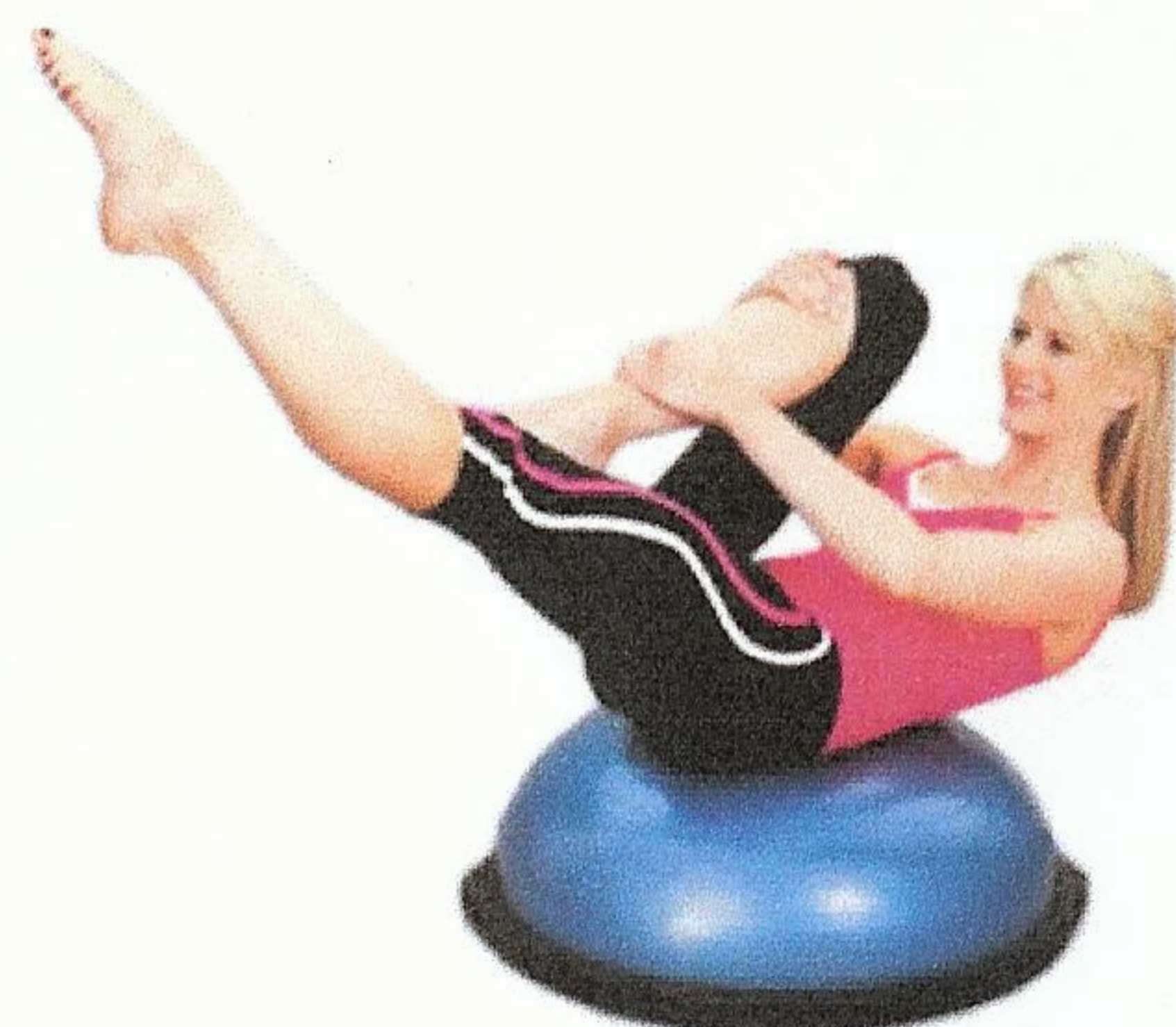
Enhance coordination for athletic performance

EXERCISE TO STRENGTHEN AND ENERGIZE YOUR MIND AND BODY

FEEL AND SEE THE DIFFERENCE IN YOUR BODY IN 3 MONTHS!



NEW JERSEY
CENTER FOR HEALTHY LIVING
292 Bloomfield Avenue
Montclair, New Jersey 07042



PATRICE DLUGOS, FULLY CERTIFIED PILATES INSTRUCTOR

BIO AVAILABLE AT WWW.NJCHL.COM/DLUGOS

SINGLE CLASS: \$22

TEN CLASSES: \$200

FOR REGISTRATION CALL: 973-641-3160 / 973-746-6191