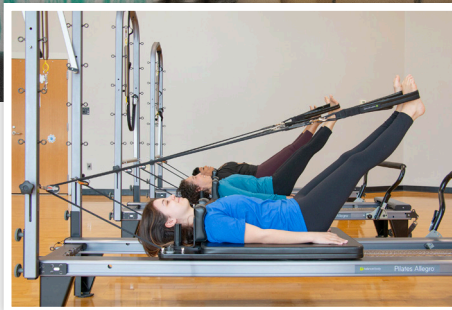
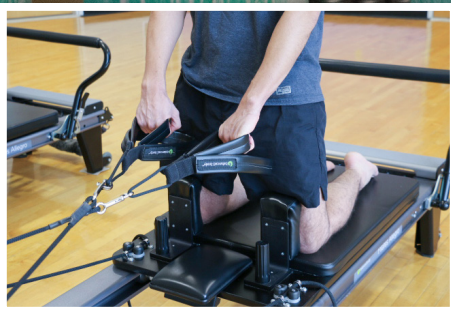


WHY PILATES?

FIND OUT AT OUR OPEN HOUSE!

APRIL 6 - 9 AM - NOON



ARE YOU READY TO FEEL STRONGER, MORE CONFIDENT & REVITALIZED?

Pilates offers incredible benefits for people of all ages and fitness levels.

WHY PILATES?

- **CORE STRENGTH & STABILITY** Build a strong foundation for better posture and reduced back pain.
- **IMPROVED FLEXIBILITY & MOBILITY** Stay agile and prevent stiffness as you age.
- **LOW-IMPACT, HIGH-RESULTS** Protect your joints while sculpting lean muscles.
- **STRESS RELIEF & MIND-BODY CONNECTION** Feel more centered and in tune with your body.
- **ENHANCED BALANCE & COORDINATION** Reduce the risk of injuries and improve daily movement.

OPEN HOUSE

Learn more at our Pilates Loft open house on **April 6 at 9 am-noon.**

Meet some of our amazing instructors, learn the benefits of Pilates Reformer and try one yourself. You can even sign up for your first class!

LEARN MORE



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QUESTIONS? CONTACT KATE TOOFIG AT

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