

pilates



FREE TO EVERYONE

WHERE:

SILVERADO COMMUNITY
CENTER - BLDG A

WHEN:

EVERY WEDNESDAY
STARTING 10/7 @ 5:30-6:30PM

INSTRUCTOR:

MS. GERIN HEALTH/FITNESS COACH

CONTACT:

COACHGERIN@GMAIL.COM

BRING:

MAT, WATER, & TOWEL
COMFY CLOTHES