

eastcoast

PILATES AND YOGA



BODY ROLLING CLASS

THURSDAYS @ 9:00 AM

A 30 MINUTE CLASS

This class is designed to create Body Awareness, Increase Flexibility, and to help improve how your Body Moves and Feels. Using your body weight on Foam Rollers and Small Balls, you will experience first hand how Body Rolling can release tension, lengthen tight muscles, & reduce joint stiffness and muscle pain. This class will teach you how to self-massage.

Single Class Fee: \$ 10.00

Package of (10) Classes: \$75.00

Open Class - All Levels Welcome!

40 Main Street, Avon, NJ 07717

732-775-5006

www.EastCoastPilates.com