

CALLING ALL GOLFERS FOR PILATES



Hit the ball farther and more accurately
by conditioning with the Pilates Method of Training.

This 4 week workshop for golfers of all levels is designed to improve
Core Strength, Flexibility, and Balance.

Mondays

April 26, May 3, 10, 17 @ 11:30am in the Pilates Zone.

Taught by certified Pilates instructor and fellow golfer **Angie Reimer**

Member Fee: \$76 • Non-Member Fee: \$106

Includes all 4 session dates. No refunds for missed classes.

Registration required by April 21, 2010

Maximum of 5 participants per class.

To register contact Gretchen Dudek, Mind/Body Coordinator at 724.933.1911, ext. 123
or pilates@oxfordathleticclub.com

****If the above dates and time do not work for you, Angie is available for private sessions.****

 **OXFORD ATHLETIC CLUB**

100 Village Club Drive • Wexford, Pennsylvania 15090 • 724.933.1911 • oxfordathleticclub.com