

# Core by Core Pilates

*"Pilates is a challenging, progressive strength training exercise that develops long lean, sexy muscles."*

Pilates Mat Classes are held on **Mon, Wed and Fri at 5:30 am & 6:30 am**, and **Tues and Thurs classes at 6:00 pm** - some are wait-listed. Please call.

The easiest thing to do is give a call when you have time and then come in for a few days.

If you have more questions or would like me to make a reservation, call: 860 538-2927.

And feel free to bring someone else if that makes it easier to get in the door.

We also have gift certificates available!

- Ilia Stranko

