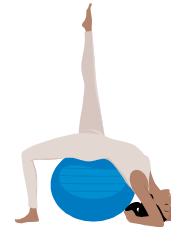




Pilates Stretch & Balance



Mornings— Mondays, Wednesdays & Fridays from
8:30-9:30 a.m.

Afternoons— Tuesdays & Thursdays from
3:30-4:30 p.m.

Jocelyn Daley, Certified Instructor

\$5.00 per multiple classes, prepay

\$7.00 per class....drop-in

Jocelyn is a certified personal trainer, group fitness instructor,
and Stott-Pilates trained teacher.

Pilates has something to offer everyone from the athlete to the sedentary. So come on
in and give it a try. Improve your flexibility, heart, lungs, & back!

To register phone Jocelyn at:(386)453-6522
or The Casements at (386)676-3216

Classes are at The Casements
25 Riverside Drive
Ormond Beach

