

Fall Pilates & Hydrotherapy Sessions

CLASSES BEGIN September 13 2011

<u>Mon</u>	<u>Tues</u>	<u>Wed</u>	<u>Thurs</u>	<u>Fri</u>	<u>Sat</u>
	9:30 AM Mat work	9:00 AM Hydrotherapy		9:00 AM Hydrotherapy	PRIVATE Sessions
	PRIVATE Sessions				

- For more information please log-on to our website www.gophysio.ca or call 905-528-5847
- In addition to our group classes, we offer **Private** and **Semi-Private Pilates Sessions** primarily taught on our Reformer, Cadillac and Barrel equipment.

To register please call 905-528-5847 or drop-in!