

PILATES



PATTY NELIS HAS BEEN PRACTICING PILATES FOR OVER 10 YEARS, AND CONTINUES TO LEARN, ADDING NEW LAYERS AND TECHNIQUE TO HER PILATES KNOWLEDGE. INTERESTED IN SHARING THE NUMEROUS BENEFITS FROM THE PRACTICE INCLUDING STRENGTH, LENGTH AND FLEXIBILITY, PATTY COMPLETED A RIGOROUS 100-HOUR PILATES CERTIFICATION FOR BEGINNING THROUGH INTERMEDIATE PILATES MAT. SHE HAS ACTIVELY TAUGHT PILATES MAT FOR THREE YEARS. PATTY LIKES THE WAY SHE FEELS AFTER TAKING A PILATES CLASS AND YOU WILL, TOO!

PLEASE JOIN PATTY FOR AN ENERGIZING, TONING, AND FUN
PILATES MAT CLASS.

MONDAYS
@ 5:00 P.M.
\$ 5.00 PER
60-MIN CLASS

AIRPORT
OPERATIONS
BUILDING
(600 N. 3700 W.)

BEGINNERS
WELCOME!