



CLASSES AT HOME
with
Regina Mignogna

“Pilates develops the body uniformly, corrects wrong postures, restores physical vitality, invigorates the mind, and elevates the spirit.” -Joseph Pilates.

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
9:00-9:30AM Upper Body	9:00-9:30AM LOWER BODY	* 9:00-10:00AM Full-MAT	9:00 - 9:30AM UPPER BODY	9:00 - 9:30 AM LOWER BODY	
	* 5:00-6:00PM MAT		* 7:00-8:00PM MAT		* 10:00-11:00AM FULL-MAT

* one hour classes

Class Fees: \$15.00 (per / week) Take as many classes as you can fit!

Registration: Contact *Regina Mignogna* at regmignogna@gmail.com