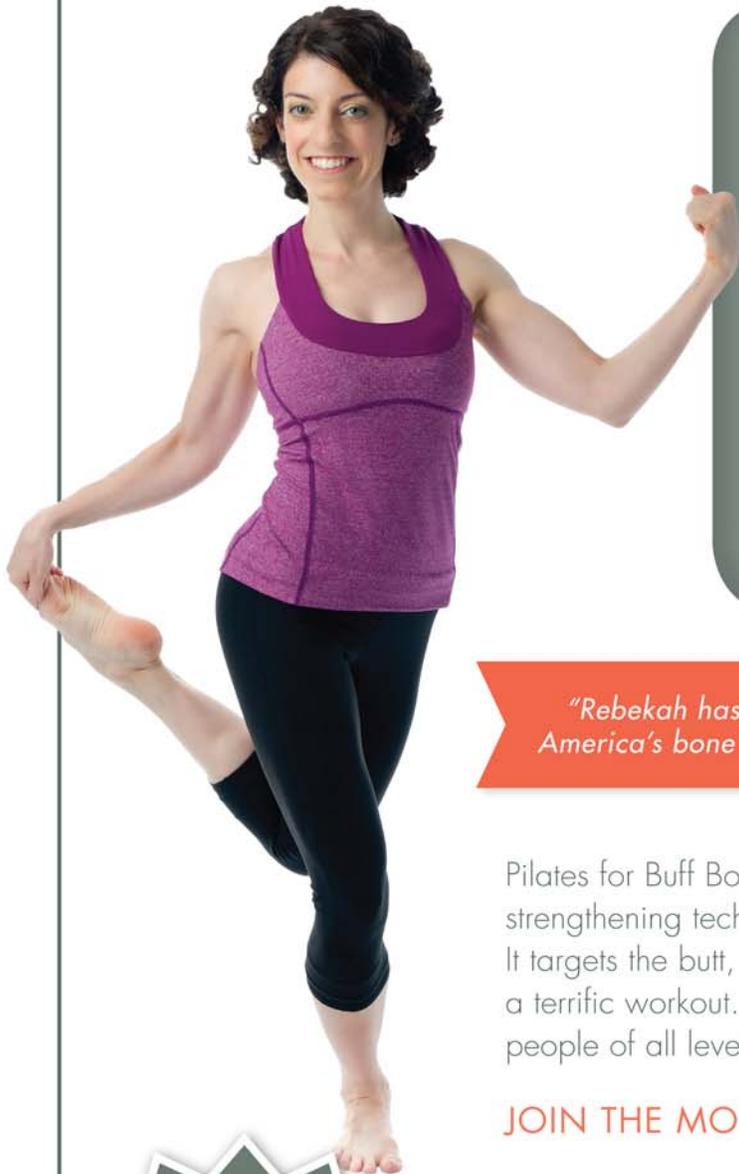


INTRODUCING

pilates for
 **BUFF BONES®**



*Looking for a new fun, challenging workout that **builds your bones** and **boosts your balance**?*

*Searching for new ways to **improve your posture** while **energizing and toning your body**?*

*Want to spice up a Pilates routine to work your feet, use weights and **integrate your entire body**?*

"Rebekah has provided us with an excellent resource to continue to improve America's bone health." – Richard Carmona, M.D., 17th U.S. Surgeon General

Pilates for Buff Bones® is a unique, Pilates-based workout that uses bone-strengthening techniques while focusing on alignment and balance. It targets the butt, hips, arms and back, while giving the whole body a terrific workout. This dynamic class is adaptable and challenging for people of all levels, and is also safe for those with osteoporosis.

JOIN THE MOVEMENT – BUILD A LEGACY OF BUFF BONES!

WHERE: Pilates Unlimited

6434 East Mockingbird Lane, Suite 210 Dallas 75214

WHEN: **New Day and Time!**
Thursdays 6:00 pm 5-class series \$100 or \$23 class

CONTACT: 214-553-8771 or info@pilatesunlimited.com to sign up

For more information visit PilatesForBuffBones.com

*Recommended in
Dr. Christiane
Northrup's
#1 New York Times
bestseller*