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PILATES

FREE

# Stretching & Flexibility WORKSHOPS Sunday, February 19

50-minute workshop sessions every hour on the hour, from 10 a.m. to 2 p.m.

Feeling stiff? Need relief  
from tension and stress?

Reserve your space now!

975.3800 | [info@trupilates.com](mailto:info@trupilates.com)



## How It Works

*What you feel as tightness or pain in the muscles you are trying to lengthen is actually a "map" in the brain that tells the body when its limits have been reached. Learn how to safely move beyond your usual movement patterns to release tension and "reset" the map for greater freedom of movement.*

for teens through seniors | complements all athletic & mind-body practices

**Regular Stretching & Flexibility classes offered weekly.**

Mon 4:30 PM | Tue 10:45 AM & 7 PM | Thu 5:45 PM | Fri 10 AM

310 Second Street SE | [trupilates.com](http://trupilates.com)

