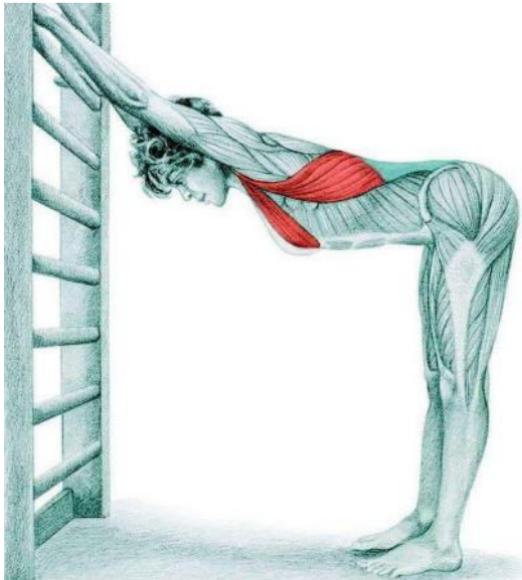


# Come Out and Play with **ST. PYS!**

## **Strength Training, Pilates, Yoga, and Stretch**



### ***Complimentary Class***

**Demonstration/Trial Class**

**Friday, September 13, 9:30–10:00am**

**Community UU Congregation**

**Fireside Area**

Come try a half hour of **ST. PYS!** We use rubber cables, circular bands, balls, foam rollers, and mats for a total body workout with Strength Training, Pilates, Yoga, and Stretching.

To reserve a space and equipment, contact:

**Diane Terezakis**

**(914) 650-0192, [diterezakis@optonline.net](mailto:diterezakis@optonline.net)**