
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

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