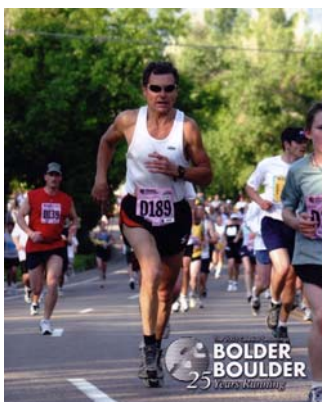


Pilates of Boulder PILATES Early Bird Work Out Special with Deborah Cassel

Increase core strength for everyday activities, increase core control and body awareness to improve your game...Whatever it is!



Richard Rossiter, Director POB

Beginning June 1, 2005

Place: Pilates of Boulder

**Location: 2510 47th St., A-1, Boulder, CO,
Pilates of Boulder**

Times:

- **Tuesdays @ 7:am: Reformer Class – All levels Welcome!**
- **Wednesdays @ 6:00am – All levels Welcome!**
- **Thursdays @ 7:00am – All levels Welcome!**
- **Saturdays @ 9:30am Core Conditioning/Reformer Class – All levels Welcome!**

Buy a punch card for 10 classes (a 10% savings) and receive another 10% off your card for all of Debbie's Early Morning Pilates Work Outs!

TOTAL SAVINGS of 20%!!!

Call Debbie @ 720-232-9619

www.pilatesofboulder.com