



**RICHMOND PHYSICAL THERAPY**  
*Orthopedic and Sports Physical Therapy*

# PILATES MAT CLASS

COME TRAIN WITH **PHYSICAL THERAPIST, MARY BETH BLEND!**



<b>WHEN:</b>	EVERY OTHER TUESDAY 6:00 PM – 7:00 PM
<b>WHERE:</b>	RICHMOND PHYSICAL THERAPY 1700 WILLOW LAWN DR, STE 230 RICHMOND, VA 23230
<b>COST:</b>	\$10/CLASS

## WHY PILATES?

Prevent injury  
Improve flexibility  
Strengthen your CORE muscles  
Increase respiratory/breathing volume  
Learn proper spinal alignment  
Stop unhealthy holding patterns in neck & shoulders

### TO REGISTER:

1. Call us at (804)340-1193 *OR*
2. Sign-up through our Facebook event  RichmondPT

**DIRECTIONS:** We are in the same building as Jason's Deli, Verizon Wireless, and Sticks – on the opposite of Willow Lawn Drive from the mall. Park on the back side of the building and enter through the glass double doors. Take the elevator to the 2<sup>nd</sup> floor and turn left down the hallway.

**\*\*PLEASE BRING A MAT IF YOU HAVE ONE\*\***