



"Zoom" into Centre Pilates®, virtually anytime and anywhere!
Call us at 215 357-5946

Did You Know?

During World War I, when the influenza pandemic came to the Isle of Mann, **Joseph Pilates** a prisoner there, was put in charge of the injured soldiers. The soldiers he exercised with his unique form of body conditioning were the only ones who did not come down with the deadly Influenza!

Keep Healthy, Keep Safe, Keep informed.

Call to book your **On-Line Zoom Session** Today! *(or for more information)*

CENTRE PILATES® **215-357-5946** or e-mail info@centerpilates.com
(Leave a message with your cell phone and contact info.)

SPECIAL On-Line Discounted Rates during the Coronavirus Pandemic

Stay Home -- Keep Safe

55 MINUTE INDIVIDUAL **On-Line ZOOM SESSION** \$60.00

40 MINUTE **On-Line ZOOM GROUP CLASS** \$15.00 per participant

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