



**revolution pilates studio**  
APMA-CERTIFIED INSTRUCTORS & TEACHING FACILITY

# **DYNAMIC CORE<sup>®</sup>**

## **Pilates Circuit Classes**

**Friday Mornings, 6-7am**

**Open to Revolution Clients &  
Stadium Tri Club Members**

**Improve Performance with  
Dynamic Core Stability &  
Abdominal Strength**

**9443-1403**

**Visit the Front Desk or  
call to reserve your place!**

