

## Post-Natal Pilates

Pilates is a safe, effective and efficient way to restore muscle strength and tone after pregnancy and childbirth.

**RESTORE YOUR CENTER AFTER CHILDBIRTH!**



**Session 2** 6 Tuesdays: Jan 24, 31, Feb 7, 14, 28, Mar 6  
9:15 - 10:15 am Fee: \$150 (plus registration fee, if needed) code: EX 37WX

**Pre-registration REQUIRED • Classes limited to 8**

Pre-pay and register at the Welcome Desk

Instructor: Annette Jackson

Classes held in the Pilates Studio of the JCC of Mid-Westchester • 999 Wilmot Road • Scarsdale

***Babies welcome! Infant sitting included***

For more information contact: Annette Jackson  
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