

# PILATES CLASSES

at

# MOUNT MANRESA

[www.mountmanresa.org](http://www.mountmanresa.org)

Mount Manresa Jesuit Retreat House  
239 Fingerboard Road  
Bruno Hall, 2nd Floor  
Staten Island, NY 10305  
718.727.3844 ext. 211



Wednesday's  
at 7:00 PM  
Starting February 3rd

**OUR INSTRUCTOR:** Instructor Lisa Starr is certified in Matt Pilates. She is also a Spin Instructor, Group Fitness Instructor, and a Personal Trainer. In addition, Lisa is a Biathlete and Triathlete, having ridden in many indoor and outdoor cycling events to raise money for breast cancer research and AIDS vaccine research. Losing over 60 pounds more than ten years ago, Lisa is dedicated to assisting her students achieve their goals.

The **Pilates method** dramatically transforms the way your body looks, feels, and performs. It builds strength, improves flexibility, grace of motion, and teaches body awareness. Join us for a wonderful evening! Please bring your matts. For additional information, call 718-727-3844, ext. 211.

Please tear along dotted line and return with your check made payable to Mount Manresa  
239 Fingerboard Road, Staten Island, NY 10305

NAME: \_\_\_\_\_

PHONE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ EMAIL: \_\_\_\_\_

\$96.00 (8 weeks) check enclosed payable to Mount Manresa

Please charge my credit card for the amount of \$ \_\_\_\_\_

Account Number \_\_\_\_\_ exp. date \_\_\_\_\_

Date \_\_\_\_\_ Signature \_\_\_\_\_  AMEX  MasterCard  VISA

CLASS IS LIMITED TO 15 PEOPLE!

### Wednesdays:

7:00 p.m. to 8:00 p.m.

February 3, 10, 17, 24

March 3, 10, 17, 24