



**AMA
PILATES**
Corporate Classes

"Promoting wellness, Corporate AMA Pilates is an exciting program that takes advantage of moderate fitness activities to enhance your health and develop the team dynamics of your workplace."

Kim Cyr



**Train For a Year
Only \$120**

**Thursdays
41 Main St. North
12:15~12:45p.m.
1:15~1:45p.m.**



**Special Offer
8 Classes For Only \$48**

Corporate Pilates Program

- 30 Minute Classes
- Small Personalized classes
- Corporate groups
- Affordable yearly Memberships



CORE STRONG.

**41 Main St. N. Brampton
905.450.9925
amapilates.com**



CORE STRONG.