



No Experience Necessary!

Register Now!

Call 262.377.8350

Get To Know Pilates!

Beginner Mat Class

Cost: FREE INTRO!

**SPORT Clinic Physical Therapy
CEDARBURG**

Just East of Five Corners on Hwy 60

Questions? Contact SPORT Clinic

FREE "TRY IT" PILATES CLASS

Tuesday, March 3, 8:30-9:30 AM

Wednesday, March 25, 5:30-6:30 PM

Join Pilates Instructor, Lisa Moberly, at SPORT Clinic Physical Therapy in Cedarburg, and learn how Pilates can help you meet and exceed your physical therapy goals.

Register now, by calling 262-377-8350.

Pilates creates a balanced body by enhancing strength and flexibility through healthy and efficient movement. Pilates equipment and props are used to provide a safe, low impact support to assist you as you rehabilitate from injury, surgery, or day-to-day wear and tear.

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- **FREE Introductory class**
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SPORT Clinic Physical Therapy
Mequon • Cedarburg
sportclinicpt.com