



**No Experience Necessary!**

**Register Now!**

**Call 262.377.8350**

**Classes: Monday, Sept. 10, 1 pm**

**Thursday, Sept. 13, 7 pm**

**Cost: \$10**

**SPORT Clinic Physical Therapy  
Just East of Five Corners on Hwy 60  
Cedarburg**

**Questions? Contact SPORT Clinic:  
262.377.8350 • 414.351.5794**

## **DOUBLE YOUR PHYSICAL THERAPY BENEFITS WITH A SIDE ORDER OF PILATES!**

Join Paula Trusky, MFA, PTA, CYT, CPT at **SPORT Clinic PT in Cedarburg** on **September 10 or 13** to learn how Pilates can help you meet and exceed your physical therapy goals.

Pilates helps create a balanced body by enhancing strength and flexibility through healthy and efficient movement patterns. It promotes even musculature throughout the body by strengthening the core and emphasizing spinal and pelvic alignment. 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.

- All About Pilates Equipment
- How Pilates can Benefit Physical Therapy
- Pilates for Long-Term Fitness and Cross Training
- Demonstrations



**SPORT Clinic Physical Therapy**  
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