

FREE CHAIR PILATES CLASS



Many Hollywood stars have used Pilates to get a lean, fit, and flexible body. Pilates also pumps up the cardio system, eases back pain, improves bone density, and boosts heart rate. Now you can experience the same benefits with Chair Pilates led by Lisa Shelly, PTA.

This class is sponsored by 360° Physical Therapy.

www.360physicaltherapy.com 480-821-1997



8880 E. Desert Cove Ave, Scottsdale, AZ 85260

1pm-2pm

1st and 3rd Friday of the Month

Please contact the ICRC Integrative Service Department @ 480-314-6660 for additional information.