

# PILATES FOR YOUNG ATHLETES

## PILATES MAT CLASSES CAN:

- STABILIZE YOUR CORE
- IMPROVE YOUR POSTURE
- GAIN FLEXIBILITY



**Walnut Creek**  
Saturdays  
9:30-10:30 am  
Sports Medicine Center  
2401 Shadelands Dr., Suite 110

**Oakland**  
Mondays  
7:00-8:00 pm  
Sports Medicine Center  
744 52<sup>nd</sup> Street

**Who:** Athletes of all types, age 12 and older

**Cost:** \$20/class drop-in; 12 visits for \$144

**Bring:** Water, towel, mat (if you have one)

### Register

Download registration forms:

<http://bitly.com/sportsmedform>

Drop ins are welcome (you still need a registration form)