



## **PILATES DAY CELEBRATION!**

**Pilates Day is**

**MAY 7, 2007**

**Celebrate with us  
on**

**May 5, 2007**

**Free Mat Classes**

**Champagne!**

**DC Studio**

**202-737-7776 to reserve  
your space**

**Reston Studio**

**703-787-3767 to reserve  
your space**

Pilates Day was originally created to bring awareness to the many benefits that Pilates provides to every age group. This day allows people to experience this method of exercise and physical movements designed to stretch, strengthen, and balance the body. Pure Joe is excited to have Pilates nationally recognized with its own day and invite you to bring a friend to the studio for free Pilates Mat Classes on Saturday, May 5, 2007.

- Free Mat Classes at both studios. Some of these classes will be taught by Pure Joe Teacher Trainers**
- Champagne toasts on the hour!**

