



## Pilates

# Group Introduction to Reformer Pilates

Tuesday and Thursday  
February 14, 16, 21, 23  
12:00-1:00PM  
**\$25 + tax**

Monday and Wednesday  
February 13, 15, 20, 22  
6:45-7:45PM  
**\$25 + tax**

Call 295-2552 or stop by the front desk to register.

*Private and semi-private intros are available by appointment only.  
Contact Bonnie, Pilates Program Coordinator for more information.*

Visit our communications board located in the Rec Center, our website  
[www.rockwellcollinsreccenter.com](http://www.rockwellcollinsreccenter.com)

Or contact Bonnie Benesh, Pilates Program Coordinator at  
[bjbenesh@rockwellcollins.com](mailto:bjbenesh@rockwellcollins.com) or 295-0066 for more information.

