

**“GOALS WITH INTENTION” SERIES MARCH 17 @ 11 AM
HIGHLIGHTING OUR PILATES INSTRUCTOR, MARK GOLDSTEIN**



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MARCH 17 AT 11 AM**

GOAL FOR MARCH: FEELING BLESSED, NOT LUCKY!

INTENTION: May I continue to see the beauty in my struggles and appreciate even the small blessings as favor.

**COME EXPERIENCE A PILATES MAT CLASS
WITH MARK GOLSTEIN.**

Mark has an extensive background with his own practice of selfcare with strength training and yoga. He teaches Pilates Mat and Private Sessions with Mat and Pilates Apparatus. Mark is currently completing the Fletcher Pilates Program of Study. He has over 600 hours of teacher training and case work. He will be leading us in a St. Patrick's Day Special Event!



PILATES IS FOR EVERY BODY!