

Pilates

Zumba

Yoga

Massage

Salon

Open  
House!!

# Come see what's new at Portland Pilates!!

**Portland Pilates, southern Maine's very first Pilates studio, is holding a free open house on Saturday January 31st: 2:00 to 5:30 pm!!!**

We're welcoming everyone to an afternoon's showing of what the newly-expanded Portland Pilates has to offer! The entire event is no-cost, and refreshments will be on hand.

## Here's what's going on:

- **2:00 Brief Introduction**
- **Ongoing free 15 minute massages from 2 till 5**
- **2:15 Beginner's Mat Class with Tunde Schwartz (Call to reserve a space)**
- **3:00 Interactive demonstration of Pilates Apparatus Work**
- **3:45 Zumba with Kelly Newell (wear sneakers!)**
- **4:30 Salsa Dance lesson**
- **5:00 Yoga with Emily Crawford**

Everything is free!!!  
Call 772-8950!  
Break up the  
midwinter blues  
with some FUN!!!

Portland Pilates

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