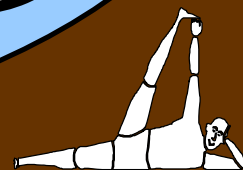




# Practical Pilates

The perfect place to learn Pilates fundamentals



Create a **STRONG**  
& **HEALTHY** body!



Everyone  
can benefit from  
Pilates-the *original*  
functional exercise  
program.

*Bring a Pilates mat & your desire  
to create flat abs, a strong back &  
sculpted arms & legs.*

Connect with your CORE & IMPROVE :

- **STABILITY** ■ **STRENGTH**
- **FLEXIBILITY** ■ **BALANCE**
- **ENDURANCE**
- **COORDINATION**
- **MIND BODY CONNECTION**

Contact Kris Jepsen for information

**402.593.5969**

[www.bonafidefitness4U.com](http://www.bonafidefitness4U.com)

