

# Pilates for Pink

The Pilates Wellness Centers will be participating in Pilates For Pink - a nationwide awareness campaign for fundraising initiative on behalf of The Breast Cancer Research Foundation. During October, The Pilates Wellness Centers will designate all private pilates, group classes and massages as "Pilates for Pink" fundraising. Clientele will have the opportunity to donate money on the day of their regularly scheduled session or class. Our goal is to raise \$3000 by Oct 31,2007.

In addition, several "Pilates for Pink" classes will be open to the community. The Pilates Wellness Center suggests a \$15 donation for participation in any of the open "Pilates for Pink" classes. Everyone is welcome and no experience is necessary.

Personal checks or money orders payable to The Breast Cancer Research Foundation will be collected. Since a service will be provided the donation is not tax-deductible. Reservations are required and can be made by calling the studio at (561) 204-5393 Wellington and (561) 627-0660 Jupiter. Sign-up pledge sheets will be posted.

The Pilates Wellness Center offers private one-on-one pilates sessions and semi-private sessions by certified Pilates instructors. Group pilates, yoga and meditation classes are offered at different times throughout the day. Therapeutic massage is also available by appointment. Dr. Habanova is a Chiropractic Physician and Pilates Rehabilitation Practitioner who conducts pilates rehabilitation sessions designed to meet the needs of each client.

## Pilates for Pink Open Class Schedule

### Wellington Studio (561) 204 - 5393

Oct 1st (Mon)	6-7 pm	Pilates Mat
Oct 10th (Wed)	6-7 pm	Pilates Mat
Oct 13th (Sat)	9-10 am	Pilates Tower
Oct 13th (Sat)	10-11am	Pilates Mat
Oct 15th (Mon)	6-7 pm	Pilates Tower
Oct 23rd (Tues)	7-8 pm	Meditation
Oct 27th (Sat)	9-10 am	Pilates Tower
Oct 27th (Sat)	10-11 am	Pilates Mat
Oct 29th (Mon)	6-7 pm	Pilates Tower

### Jupiter Studio (561) 627 - 0660

Oct 6th (Sat)	10-11 am	Pilates Mat
Oct 9th (Tues)	noon - 1pm	Pilates Mat
Oct 14th (Sun)	10-11 am	Pilates Mat
Oct 20th (Sat)	10-11 pm	Pilates Mat
Oct 25th (Thurs)	noon - 1 pm	Pilates Mat
Oct 28th (Sun)	10-11 pm	Pilates Mat

