

**PILATES & GYROTONIC ON MAIN
PRESENTS**

**Youth Performance
&
Injury prevention**



**SATURDAYS
9 AM - 9:45AM**

**SIERRA CALDWELL WILL BE
TEACHING OUR NEW YOUTH
ATHLETE CLASS-DESIGNED FOR
AGES 12-18 ON THE GYROTONIC
AND PILATES EQUIPMENT TO
SUPPORT ATHLETIC
PERFORMANCE AND INJURY
PREVENTION.**

**\$25 DROP-IN OR \$200 FOR A 10
PACK**

115 MAIN ST STE. B- PEWAUKEE