

# PILATES MASTER CLASSES

Strengthening For Athletes

AMANDA  
KUPILLAS  
DANCE

w/ Maxine Sherman

Sat.  
Feb 8

This class is designed for the budding athlete who wants to connect to their highest potential. By learning how to breathe with your movement, you'll mindfully prevent injury and exceed expectation to win.

Sat.  
March 8

Maxine Sherman, will guide you through various methods of movement and self-care modalities to ensure proper alignment and strength. Maxine believes in body positivity and gratitude and that every body is resilient, unique, powerful and imperfectly beautiful.

Sat.  
May 3

Learn the skills and mind/body connections to become the best version of yourself. Be grateful for the body you have and believe it!

**Ages 10+ Class: 1:45pm - 2:45pm**

**\$35** (\$25 for students enrolled in Adv A or B classes)



- ← Sign up today! Open to everyone!
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- ☎ 917-217-1104
- 🌐 [www.amandakupillas.com](http://www.amandakupillas.com)