

Beginning January 6, 2010

Egoscue Fitness Classes at Lean On Me

Join us each Wednesday at 8:30am or 5:30pm in
the Pilates Studio for a *fun*, 45-minute functional
fitness class based on Egoscue principles.

Bring a yoga mat if you have one.

\$5. First timers are free

*“A pain-free active lifestyle is not
only possible, it is the way you
should expect to feel and live.”
Pete Egoscue*



EGOSCUE SACRAMENTO

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Corner of 45th and D Streets

(Enter @ 4471 D Street)

This is a *functional workout*. It may not be suitable for individuals with significant movement limitations and is not intended to replace individual therapy.