



# 3-D WORKOUT™

You are invited to press *pause* on the fast pace of daily life, slow down and pay attention to how you move.

Reduce tension and refresh your mind-body connections. Intentionally engage your brain to improve your balance and coordination through breath awareness and gentle whole body movements.

## SUNDAYS

11:15 a.m.-12:15 p.m.

Contact Elaine:  
elainebiagiturner@gmail.com

## WEDNESDAYS

2:00 -3:00 p.m.

Contact Fiona:  
fmacdonaldpilates@me.com

## SATURDAYS

1:30-2:30 p.m.

Contact Carrie:  
pilatesand3d@gmail.com

Series fee: \$18/class • Drop-in fee: \$20/class

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