



# Come celebrate **PILATES DAY**



with

# **PILATES IN THE PARK!**

Join us on May 2nd to celebrate PMA® "Pilates Day 2009!"

**FREE**

From 11am to 1pm in Ault Park we will be offering  
3 Pilates classes taught by local PMA Certified Instructors!

**FREE**

Located in Ault Park, in the greenspace / playground  
near corner of Heekin and Principio.

- 11:00 to 11:40**    **Intro to Pilates Mat,  
and the history of Joseph Pilates  
and his work**  
*Taught by Jill Vonderhaar Nader, owner of  
PrehAB Pilates & Physical Therapy, LLC, PMA Certified*
- 11:40 to 12:20**    **Pilates Mat, Intermediate Level**  
*Taught by Julie Toren, co-owner of  
BodyMind Balance, Inc, PMA Gold Certified*
- 12:20 to 1:00**    **Fletcher Pilates® Towelwork®**  
*Taught by Patty Phillips, Pilates Teacher at  
the Pilates Studio of The Christ Hospital, PMA Certified*

"Pilates in the Park" will present a very casual atmosphere to encourage all individuals, both new and experienced, to join us in Ault Park for beginner to intermediate level Pilates classes, refreshments, raffles and education on not only the history of Pilates, but also various local studios where they may continue to study the Pilates Method.

The Pilates Method Alliance® (PMA®) is the international, not-for-profit, professional association dedicated to unity, professionalism and to advocating educational standards.

Brought to you by:



Core strengthening with the mind, body and spirit.



Instruction in Classical Pilates and the GYROTONIC® Method



We would like to  
thank our  
participating sponsors



\*\*\* In case of inclement weather,  
the event will be held at  
BodyMind Balance, 1940 Dana Ave.

*If you own an exercise mat, or a  
beach towel, please bring it along*

For directions and more information visit  
[www.bmbpilates.com](http://www.bmbpilates.com) or call 513.351.7587

