

# Pilates ~ Graceful Aging

with  
Cheryl Mitouer

**12 Classes**

*Every Tuesday and Thursday*

January 25 - March 3

8:00am -9:15am

or

9:45am-11:00am

**Limited to Six Students**

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**\$200**



Cheryl's "Pilates~Graceful Aging" class is the latest addition to her healing arts private practice and private, small-group classes. Her focus is to blend movement and posture awareness with the eclectic modalities of SHEN, Far Infra-Red Therapy, Identity Work and homeopathic remedies.