

MEMBERSHIP OPTIONS: 4, 8, -or- UNLIMITED CLASSES MONTHLY
REFORMER-BASED GROUP CLASSES & PRIVATE TRAINING | OPEN 7 DAYS A WEEK

CLUB  PILATES

DO PILATES. DO LIFE.™

Club Pilates is open in South Frederick! Visit our state-of-the-art studio to learn how Pilates can enhance flexibility, endurance, mind-body connection, and overall quality of life with a low-impact workout that's fun, too. No matter your level, there's a class that

**CORPORATE AFFILIATE
DISCOUNT**

FCPS employees
are eligible for **10% off**
all memberships.

Contact us today to book
a **free** intro class!



CLUB PILATES SOUTH FREDERICK
4959 Westview Dr., Ste. D, Frederick, MD 21703
(301) 304-4880 | southfrederick@clubpilates.com
CLUBPILATES.COM/SOUTHFREDERICK

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