



"Zoom" into Centre Pilates®, virtually anytime and anywhere!
Call 910 854-0807

Did You Know?

During World War I, when the influenza pandemic came to the Isle of Mann, **Joseph Pilates** a prisoner there, was put in charge of the injured soldiers. The soldiers he exercised with his unique form of body conditioning were the only ones who did not come down with the deadly Influenza!

Keep Healthy, Keep Safe, Keep informed

Call **910 854-0807** to book your **On-Line Zoom Session** (*or for more information*)

55 MINUTE INDIVIDUAL **On-Line ZOOM SESSION** \$90.00

Stay Home -- Keep Safe

CENTRE PILATES® **910 854-0807** or e-mail info@centerpilates.com
(Leave a message with your cell phone and contact info.)