



## NOW OFFERING Pilates/Barre/ Yoga Fusion Class

Description: During this weekly one hour class we will focus on strength, balance, flexibility, and endurance using Pilates, Barre, and Yoga techniques.

When: Wednesdays March 7th – April 11th 6:15pm–7:15pm (six classes)

Price: \$150.00

How to register: You may call Flex Physical Therapy at (425) 483-4270 or sign up in person at the front desk

What to bring: Yoga mat and water



Flex Physical Therapy  
12900 NE 180th St. Suite 110  
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