



Newbury Park Physical Therapy is pleased to offer:

THERAPEUTIC AND ADVANCED PILATES

at our *Newbury Park Athletic Club* location
161 Reino Road, Newbury Park

- Our small class sizes ensure individualized instruction.
- Our certified instructors are experienced in working with and instructing physical therapy clients.

<u>Mat Class Schedule</u>					
<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
	8:30 am	9:00 am (advanced)	8:30 am	9:00 am (advanced)	9:00 am
6:30pm	6:30 pm	6:30 pm	6:30 pm		

Ask about our monthly specials and Packages!

- Mat Classes Starting at \$10
- Advanced Mat Classes Starting at \$15
- Private Sessions Starting at \$40

PRIVATE AND SEMI-PRIVATE MAT AND REFORMER CLASSES AVAILABLE

Call in advance- appointments are necessary to ensure adequate space is available.

(805) 375-1461
~~(225) 375-1461~~