



Newbury Park Physical Therapy is proud to offer

Pilates Mat Classes and Reformer Sessions

At our Pilates and Wellness studio

Located in suite 202 right behind the clinic!

- Our small class sizes ensure individualized instruction
- Our certified instructors are experienced in working with and instructing physical therapy clients.
- Free Demo sessions offered, ask front desk for details
 - First Class is Free for new clients

Mat Class Schedule

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
	8:30 am	8:30 am beginners class	8:30 am	9:30 am	9:00 am
		5:30 pm	5:30pm beginners class		
6:30pm	6:30 pm	6:30 pm	6:30 pm		

- Mat Classes \$15/session or 10 sessions for \$120
- Private Mat Classes \$40/session
- Private Reformer instruction \$65/session or \$60 for a package of 5 or more
- Duet Reformer Combo Session \$45

Call to schedule your private session! Check our website for regular class updates!

www.nppt.com (805) 375-1461