



Newbury Park Physical Therapy is proud to announce the opening of our new

Pilates and Wellness studio

Located in suite 202 right behind the clinic!!

MAT CLASSES AND REFORMER SESSIONS OFFERED

- 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

<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	8:30 am	9:00 am	9:00 am
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
- Semi-private Reformer Session \$45

Call in to schedule your private session!

(805) 375-1461