

THE PILATES SPACE

AT
CYGNUS CREATIVE ARTS CENTRE

Sculpt, Tone, and Renew Your Body!

Mat Pilates
Monday / Wednesday
5:30-6:20pm
Call to register

Private Sessions



www.cygnusarts.org
609.272.1199

**'You will feel better in ten sessions, look
better in twenty sessions, and have a
completely new body in thirty sessions.'**

Joseph Pilates

Cynthia M Domino
Certified Drexel Pilates

