



Pilates for Veterans

Mondays at 5 p.m.

(starting March 25)

Veteran's Resource Center

8101 Manchester Ave. N.W., Canal Fulton

Join Amanda Stutler, certified personal trainer, for practical Pilates, focusing on core/stability and endurance strength.

All Pilates levels are welcome.

Mats will be provided, or feel free to bring your own.

Free for veterans • \$10 for spouses

Pre-registration is required and can be done by calling SAM Center at 330-956-6162 or emailing lucia@servingareamilitary.org



Serving Area Military