

Pilates Class is Coming!

Calling all club skaters...add some strength and flexibility to your skating. Sherwood Figure Skating Club presents a 10 week Pilates class with Dan from Studio Blue. Bring your mat and get ready for fun!

When: Friday 5:15 p.m.

Where: Upstairs at the rink in one of the dance rooms.



Cost: \$120.00 for 10 weeks

Classes begin Friday,
January 8, 2010.

Contact Debbie Knauss
if you are interested at
debbieknauss@verizon.net.