**Do Pilates**

**at the Beach!**

**Sponsored by Manasquan Recreation**



Oh yeah, it’s a workout that’s as crazy or as easy as you need it to be.

All levels welcome.

7:30 – 8:30 a.m. Thursdays, Elks Beach. July 11, 18, 25; Aug.1, 8, 15

Bring $10 per class and a towel.

Pilates on the beach is fun! It’s good for you.

Just like the beach itself!

Call Theresa at 914-960-9214 if you have any questions.

See you at the beach!