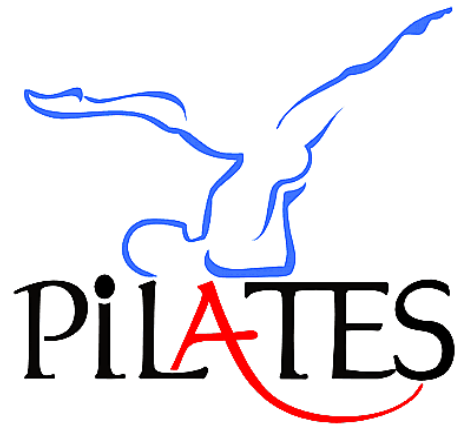


Temple Israel Reform Congregation of Staten Island Presents



with Katarina Smith

Certification in Reformer Pilates

BFA in Dance

Sunday Nights at 6:00pm

1/9, 1/23, 2/6, 2/20

Via Zoom

All levels of experience welcome!

Strengthen and stretch your body, while focusing on your deep core and pelvic muscles through a combination of traditional and contemporary Pilates to help you feel balanced, engaged, and in line with your body.

Sponsored by the Dr. Ronald Avis Foundation

RSVP Bryn Biren

MsBunny7@aol.com