



Pilates Core Strengthening Class

Improve:

Posture, Balance, Strength, Awareness, Range of Motion

Presented by Vivian Piccone Jung, PhysicalMind Pilates Method Full Aparatus Certified

Appeared in *The Trainers Edge: Liz Gillies Body Lift Workout*

Creator of the video podcast show *Hottieworkouts*

Classic and Progressive methods used in classes

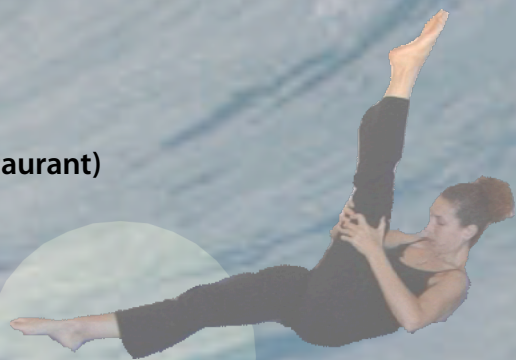
Beginner-Intermediate

Tuesdays, 9:30AM – 10:30AM

\$15 per class

**At the Dae Han Tae Kwon Do School
340 Route 25A, Mt. Sinai, NY
(east of Amici restaurant, across from Lotus East restaurant)**

**Call or text 917-841-4401
Email: vjung@optonline.net
Website: MxdCT.com**



- ❖ Please bring a mat or towel and water
- ❖ Wear comfortable clothes, bare feet or socks

Develop your “much-ness”