

# Drop-In With Us And Strengthen, Stretch & Sculpt On The Ball With Karen Best-Staub

**Monday, June 29, 2009 6:30 -7:30pm**

**This is a mixed Level Pilates Drop-In Class. Pay \$16 at the door.**

**IS THERE AN  
EXERCISE BALL  
HIDING IN  
YOUR CLOSET?**

**Bring your ball  
and learn how  
to use it  
effectively  
and safely. By  
stabilizing  
yourself on the  
wobbly ball, you  
will learn  
exercises that  
challenge your  
core to new levels.**



**Strengthen your  
back, abdomen  
and hip muscles.  
Sculpt your  
legs, shoulders  
and arms.**

**Use the  
support of the  
ball to stretch,  
lengthen  
and relax.**

**HAVE A BALL  
WITH US,  
SO YOU CAN  
USE YOUR BALL  
AT HOME!**

**Bring your own ball.**

**Karen Best-Staub** an ACE certified (American Council on Exercise) instructor, has over 20 years experience teaching fitness and movement. She was first introduced to Pilates in 1985 when she was majoring in jazz dance at the Philadelphia University of the Arts and has been teaching Pilates since 1997. She continues to study movement, Pilates and pedagogy so she can most clearly present proper, effective technique with her encouraging and enthusiastic teaching style.