

# Supercharge Your Ride!

## Pilates for Cyclists Workshop

FEBRUARY 2010



Pilates can help you improve your cycling performance by:

- Increasing core strength
- Improving posture and alignment
- Reducing muscular imbalances
- Reducing muscle pain and stiffness

**Pilates for Cyclists  
Special 4-Week Workshop  
Saturdays, February 13, 20, 27, and March 6  
10:00 - 11:00 AM  
Cost: \$100**

**Call today to reserve your space  
301.984.3003**

Presented by  
**A D I**  
**PILATES  
STUDIO**

"A national center of excellence for Pilates conditioning"

1570 East Jefferson Street · Rockville, MD 20852  
(Located behind Congressional Plaza North)  
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