



fitness fundraiser

3 STUDIOS for 30 DAYS

For every class you attend at these studios during the month of January, a portion of the proceeds from your visit will be donated to Manhasset CASA (Coalition Against Substance Abuse).



2 Shore Road
Port Washington, NY 11050 | 516.767.1761
www.pilatesevolution.com

FREE Teen Class Fridays
January 8th & 22nd @ 5:45pm



1681 Northern Boulevard
Manhasset, NY 11030 | 516.365.9090
www.purebarre.com/ny-manhasset

FREE Teen Class Friday
January 29th @ 5:45pm



@ EPhysique



14 Park Avenue
Manhasset, NY 11030 | 516.708.1916
www.rydeephysique.com

FREE Teen Class Friday
January 15th @ 5:45pm

For more info and to sign up for classes, please visit each studio's website: space is limited & reservations are recommended.
Take 10% off all January purchases using promo code: CASA16 at Evolution Pilates and Pure Barre!
To receive 10% off all January purchases & to schedule a class at Ryde, please call the studio.

strength + cardio = results