

PILATES

...for cancer survivors

Now open in Tualatin!!

- Increase your strength and endurance
- Restore your balance and posture
- Alleviate joint and back pain
- Increase range of motion

\$5 equipment classes

\$30 private sessions

PLEASE SEE OUR WEBSITE FOR ADDITIONAL INFORMATION



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(503) 922-1104

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(We're located directly across the street from the Tualatin Police Department.)