

Pilates

← WITH AMANDA FITZGERALD, PT, DPT, CPI →

New
class at
APT!



Take your lunch break with Amanda at this 45-minute Pilates class. In this five-class series, you will:

- Improve your balance and posture
- Learn to control your movement
- Increase your overall awareness of your body

All levels are welcome.

About the Instructor



Amanda Fitzgerald, PT, DPT, CPI is a licensed physical therapist at Andersonville Physical Therapy and a Certified Pilates Instructor.

Thursdays, 11:30am-12:15pm

Five-week series, beginning January 25th

Andersonville Physical Therapy

5414 N. Broadway St.

Chicago, IL 60640

Cost: \$65 for full five-class series

Note: if you are unable to attend all five sessions, you may make up ONE class by attending any Connect or Pulse mat class at [mind.art.core](http://www.mindartcore.com) in Andersonville (www.mindartcore.com).

Valid until 2/28/18.

**To register, call
773-907-3599**

Please note that group exercise classes are not a substitute for physical therapy.