

# PURE MOVEMENT

# SPRING & SUMMER TRAINING DATES 2009

## CARDIOLATES

MARCH 21 & 22.....10-4 PM

AUGUST 1 & 2.....10-4 PM

## PILATES

### ABP:

JULY 18 & 19.....10-4 PM

### APM:

JULY 20-25.....10-4 PM

### MPC:

JULY 26.....10-4 PM

## FOR MORE INFORMATION:

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