

STUDIO FLO PILATES PRESENTS

# OPTIMIZE YOUR ATHLETICISM WORKSHOP



## THE DETAILS

Join Pilates instructor and Barbell Pilates creator, Trish DaCosta to learn how to pre-hab your body for ultimate athletic performance. We'll discuss three common movement pitfalls hindering athleticism, how to correct them with Pilates, and DIY take-home exercises you can do from anywhere for better performance.

## THE FACTS

Date: May 13, 2017

Time: 1 - 3pm

Cost: \$40

Location: 2621 Denver St, Suite C San Diego, CA 92110

Register at: [StudioFloPilates.com](http://StudioFloPilates.com)

[BarbellPilates.com](http://BarbellPilates.com)