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MEDIA RELEASE

FOR: IMMEDIATE RELEASE

CONTACT: Maria Wilson, Executive Director
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RE: NEW PILATES CLASSES AT THE WAVERLY COMMUNITY HOUSE

The Waverly Community House is pleased to announce that it will begin offering morning and evening pilates classes with Hilary Steinberg, beginning January 13, 2010 in the Scout Room. Evening classes will be held on Wednesdays at 6:30 p.m. and morning classes on Thursdays at 9:15 a.m. The cost is \$10 per class.

Hilary is Nesta Spencer Pilates certified and Physical Mind Institute certified in both Mat and Standing Pilates. Ms. Steinberg has studied with master trainer Sebastien Lagree to obtain her SPX Fitness certification. She is currently teaching at Odyssey Fitness and Birchwood.

For more information on these classes, please email Hilary at hilarybsteinberg@aol.com.
Registration forms are available in the Comm lobby or on the website: www.waverlycomm.org.

The Waverly Community House is located at 1115 North Abington Road in Waverly, PA.

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