

# Pilates Stretch & Balance

**Mornings- Mondays, Wednesdays & Fridays  
from 8:30-9:30 a.m.**

Jocelyn Daley, Certified Instructor

4 classes per month - \$25.00

8 classes per month - \$50.00

10 or more classes per month - \$60.00

**Drop-in by appointment only.**

Jocelyn is a certified personal trainer, group fitness instructor, and  
Stott-Pilates trained teacher.

Pilates has something to offer everyone from the athlete to the sedentary.  
So come on in and give it a try. Improve your flexibility, heart, lungs, & back!

**Please contact the instructor to find out the  
equipment needed & space availability.**

**To register phone Jocelyn at  
(386)453-6522**



**Classes are at:  
The Casements  
25 Riverside Drive  
Ormond Beach**

