



# fitness fundraiser

## 3 STUDIOS for 30 DAYS

For every class you attend at these studios during the month of January, a portion of the proceeds from your visit will be donated to Manhasset CASA (Coalition Against Substance Abuse).



2 Shore Road  
Port Washington, NY 11050 | 516.767.1761  
[www.pilatesevolution.com](http://www.pilatesevolution.com)

**FREE Teen Class Fridays**  
**January 8th & 22nd @ 5:45pm**  
**Must be AGE 13**



1681 Northern Boulevard  
Manhasset, NY 11030 | 516.365.9090  
[www.purebarre.com/ny-manhasset](http://www.purebarre.com/ny-manhasset)

**FREE Teen Class Friday**  
**January 29th @ 5:45pm**  
**Must be AGE 14**



@ EPhysique



14 Park Avenue  
Manhasset, NY 11030 | 516.708.1916  
[www.rydeephysique.com](http://www.rydeephysique.com)

**FREE Teen Class Friday**  
**January 15th @ 5:45pm**  
**Must be AGE 13 & 5 Feet Tall**

For more info and to sign up for classes, please visit each studio's website: space is limited & reservations are recommended.

Take 10% off all January purchases using promo code: **CASA16** at Evolution Pilates and Pure Barre!

To receive 10% off all January purchases & to schedule a class at Ryde, please call the studio.

## strength + cardio = results