



CALL TO RESERVE YOUR CLASS: (631)675-2787

Located above Remedy Fitness Club in beautiful Setauket, NY.



Sunday, Oct. 24th, Gold Coast Pilates will hold a fundraiser in honor of Breast Cancer awareness month. 100% of all donations from our classes and event will be given to Rocking the Road for a Cure Inc., non-profit organization that helps restore and enhance strength, confidence, spirit and emotional and physical well-being of women receiving treatment of breast cancer.

Experience the elite Certified Pilates Instructors as they guide you and demonstrate the Pilates workout:

1:00pm- Pilates Mat (45min) workout

2:00pm- Group Reformer Introductory (45min) workout

Suggested donations: \$20 for Pilates Mat Class & \$30 for Group Reformer Class

Kangen Alkaline Water and Organic hors d'oeuvre will be served.

Call/e-mail to Reserve your class. Spaces will be given to those who show 5 minutes prior to start of class and those who are wait listed will take spots of no-shows. Attendance/Observation without class participation is permitted.

Gold Coast Pilates

128 Old Town Road
Suite B
Setauket, NY 11733

Phone: (631) 675-2787

E-mail: info@goldcoastpilates.com



Please write checks to:
Rocking the Road for a Cure, Inc.
www.rockingtheroadforcure.org
All Donations are Tax Deductible