



*Looking for a fun, challenging workout that **builds your bones and boosts your balance?***

*Searching for new ways to **improve your posture while energizing and exercising your body?***

*Want to spice up your exercise routine to **reduce foot cramps, stand taller and tone your hips?***

Buff Bones® is a medically-endorsed, full body workout for bone strengthening and balance. It integrates Pilates, strength training, functional movement and rehabilitative exercise to improve the health and longevity of your bones and joints. It's adaptable to varying levels and is safe for those with osteoporosis.

**Try a Buff Bones® class with
Licensed Buff Bones® Instructor Lisa Schechter**

Where: Goodman Physical Therapy, 10780 Santa Monica Blvd. #480, West LA

When: most Fridays 1:15 pm

Cost: \$20

Sign up: Call Goodman Physical Therapy at 310-441-1102

For more Buff Bones® information visit: www.PilatesLisa.com

or contact Lisa Schechter at: LisaPilatesLA@gmail.com or 424-625-4129

*"Pilates for Buff Bones is a very effective resource to help
maintain alignment and bone health for a lifetime."*

**--Christiane Northrup, M.D., OB/GYN Physician & New York Times
Bestselling Author of Women's Bodies, Women's Wisdom**