



Strengthen Your Core... Through Jewish Tradition

Sunday, February 5 - 10:30 am

Monday, March 6 - 11 am

Monday, April 3 - 11 am

Monday, May 8 - 11 am

at Adat Shalom Synagogue

Rabbi Shere will offer new insight into deepening your spirituality during a floor Pilates class led by Sheila Tyner, Health and Wellness coach and Pilates Instructor.

- Men & women are welcome.
- No previous experience is necessary.
- Bring your own mat - mats are also available to borrow.

Cost: \$5 per class/members \$8 per class/non-members
 Cost: \$20 per series/members \$32 per series/non-members

RSVP and payment requested by the Thursday prior to the session.
 Pay online at www.adatshalom.org/pilates or return the form below

Questions? Contact Jodi Gross, 248.851.5100 or jgross@adatshalom.org
 Co-chairs: Lori Issner, Sheila Tyner and Julie Wiener



Prayerful Pilates

Name(s) _____

Email _____ Phone _____

___ # of ppl attending: ___ Feb 5 ___ March 6 ___ April 3 ___ May 8

___ \$5 class/member(s) ___ \$8 class /non-member ___ \$20 series/member ___ \$32 series/non-member

\$_____ Total amount enclosed (check payable to Adat Shalom Synagogue)