



**10:00am-11:00am**

Pilates Mat Class w/Dixie Mills

**11:15am-1:15pm**

Classical Pilates Mat w/Dixie Mills

**1:15pm-2:15pm**

Brown Bag Lunch Discussion

**2:15pm-5:15pm**

Anatomy in 3D w/Ky Carnell-Russell

**5:30pm-6:30pm**

Mat & Toys w/Ky Carnell-Russell



CSM Precisely Pilates Club present

## **Pilates Day**

Saturday, May 4th 10:00am-6:30pm  
College of San Mateo, Building 8, Room 202  
1700 W.Hillsdale Blvd., San Mateo, CA 94402

***\$20 for the whole day!***