

Dance-ilates

Stretch, Tone & Strengthen with Fitness Pro Jillian Hessel



**No Prior Dance Experience Necessary
Beginners Welcome**

Every Tuesday 10 am – 11 am

Dance-ilates is a fun and motivating workout class set to music created by expert instructor Jillian Hessel. **This exciting class can help you get into the best shape of your life!** Combine benefits of Dance, Yoga & Pilates. Class is performed barefoot. Bring a Pilates mat (or you can borrow a Studio Mat), a bottle of water, a large towel...and your smile.

Richard Simmons' Slimmons Studio
9306 Civic Center Drive, Beverly Hills, CA 90210

\$20 per class/ \$95 for 5 class package
Exclusive "Two for One" offer for New 2011 Students!

For more information call: **310-246-0082**
Or visit Jillian at: **<http://www.jillianhessel.com/>**