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# Summer Rehab-Pilates Class



**Rising Sun Physical Therapy**

Wednesdays at 12:10 PM to 1PM  
August 1 to 22, 2012  
\$120

This 4-class series helps promote core stability, flexibility, endurance, postural and body awareness. Pilates also help to correct muscle imbalances by teaching you to pay close attention to your breathing, concentration, muscle control and centering. Classes encourage precise movement and routine building.

**Small groups with individual attention**

**Contact Paula to register at  
415-282-4083 or [info@risingsunpt.com](mailto:info@risingsunpt.com)**

**Early Bird registration by July 15 and get 10% discount.**

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**Rising Sun Physical Therapy, 500 Sutter Street, Suite 514, San Francisco, CA 94124**

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