

The image features a stylized Pilates logo on the left side, composed of blue and gold geometric shapes including a circle, a vertical line, and a horizontal line. The background is a light blue gradient with a large, stylized gold figure of a person in a Pilates pose. The text 'May 5' is written in a blue, sans-serif font in the upper right corner.

May 5

Day

PILATES DAY
MAY 5, 2007

Join us to celebrate the fourth annual Pilates Day and learn about the many benefits of the Pilates method – Pilates is – Whole Body Health for Life.

For more information on Pilates Day in your area, visit www.PilatesDay.com or call us toll free at 1.866.573.4945.

Contribute to the PMA outreach initiative "Pilates in the Schools" Creating Healthy Habits for Life! Make your tax deductible donation at www.PilatesDay.com or contact the PMA's office.