





FLETCH & SONS

Run by Award Winning Stouffville Teacher/Coach Jim Fletcher



Jim Fletcher with former **NBA All Star Christian Laettner**

SEPTEMBER 11 TO NOVEMBER 1

Oscar Peterson P.S. • 6pm - 7pm Cost: \$150 • Ball & Shirt provided

"Proper technique is the key to success." -Jim Fletcher

905-985-3489 fletchy@sympatico.ca

(please respond by e-mail if possible)

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Mary's Pilates &

- Strengthen the core
- **Build** muscle tone
- Increase body awareness
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- Small class sizes ensure a personalized approach suitable for all levels

Please contact me for additional information and let's get started!



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Take the first step today to enjoy the benefits of physical well-being!

Stouffville

Mary Stratas 905.888.9119