

# Platoon Pilates

Picture a platoon of military flexing their muscles with Pilates and various exercise drills under the guidance of Core Concepts Pilates Studio and one of Jupiter Fitness Center's Personal Trainers, Diane Bonardi. The 4<sup>th</sup> Anglico, US Marine Corps tested their latest fitness endeavor. On April 20<sup>th</sup>, fellow Marines fell into formation at Jupiter Fitness Center after their nearly two-hour routine. The Marines later enjoyed a bagel spread provided by the "Bagel Boyz". Core Concepts is offering a free class at JFC. Contact Carianne Sica at (561) 744-3660 to get started. Also check out the JFC group class schedule at [www.jupiterfitness.com](http://www.jupiterfitness.com). Click on "about us" and check out the schedule.



*Some of our finest US Marines visited Jupiter Fitness Center and Core Concepts to engage themselves with a rigorous workout. We would like to say "thank you" for choosing our facility*

*and to salute all of you for your courage and love for this country. We would also like to salute one of our personal trainers, Diane Bondari, who managed to get these guys doing a workout routine they most likely wouldn't expect from a woman.*