



CORNERSTONE
FITNESS



Newburgh
Last
Saturdays

11 a.m.

All Donations
Welcome

Lobby at the Ritz
107 Broadway
Newburgh

All levels
Welcome

Restore your Body Restore the Ritz

100% of the proceeds go to the
Safe Harbors Historic Ritz Theater Fund.

Attendees must bring a mat and a small towel.

Every Last Saturday of the Month

Safe Harbors Lobby at the Ritz
107 Broadway, Newburgh

\$15 donation appreciated

Introduction to Pilates



APG PILATES NEWBURGH



www.APGpilates.com

Thank you to APG Pilates and YOU for helping us raise the roof on the Ritz!

SAFE HARBORS
OF THE HUDSON



gallery • residence • theater

Transforming lives and building community through housing and the arts.

Lobby at the Ritz • 107 Broadway, Newburgh • 845.784.1199 • www.safe-harbors.org