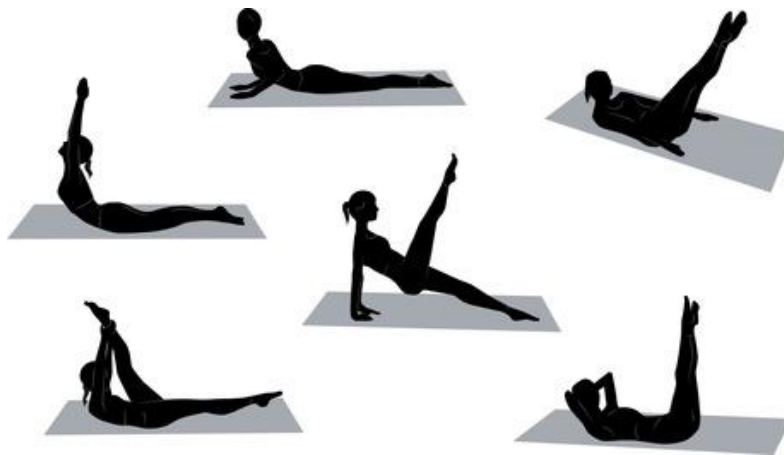


PILATES



Pilates is an exercise routine that builds flexibility, strength, and endurance in the entire body. It emphasizes spinal alignment, breathing, developing a strong core, and improving coordination and balance.



Time

Mondays & Fridays at 9:45 a.m. in the Aerobics Room.

Fee

Member Fee: \$25 for a 10-class Punchcard
Non-Member Fee: \$35 for a 10-class Punchcard

Ages: 16 & Up