

Pilates Class

Multi-leveled class from beginner to intermediate. Full range of motion exercises with no impact. Great for improving and maintaining back health. Utilizes relaxation breathing for a de-stressing workout. Increases circulation and flexibility. Fights middle age spread by increasing your muscles, which are your body's calorie burning engines. Free trial class available - come and meet the many people who have experienced great results.

Tues. & Thurs. 9:00 am

June, July & August Sessions

Fees:

If Preregistered and Pre-paid:

2 classes per week - \$36 per month - members

2 classes per week - \$56 per month - non-members

1 class per week - \$24 per month - members

1 class per week - \$32 per month - members

If Not Preregistered and Pre-paid:

\$7 per class - members

\$10 per class - non-members

**A minimum of five participants are
needed to hold classes.**

Please fill out class registration forms for all classes.