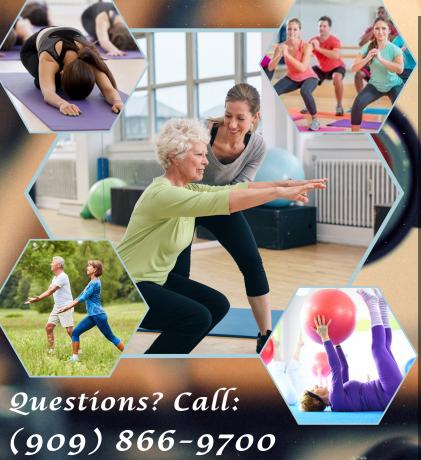


Big Bear Valley Recreation & Park District

Please bring your own mat about 1/2" thick. Instructor may have mats to borrow or sell.



- Instructor: AFAA certified
 Deborah Norris
- Who: Ages 55 and up
- What: Pilates Mat Class
- When: Fridays 9:00-9:45am
- February 23rd March 29th
- Where: Big Bear Valley Senior Center
 42651 Big Bear Blvd. Big Bear Lake
- Cost: **\$30** (6 classes total)
- Drop-in cost: \$6 (per class)
- Minimum participants: 6
- Sign-up sheet available at Senior
 Center

