

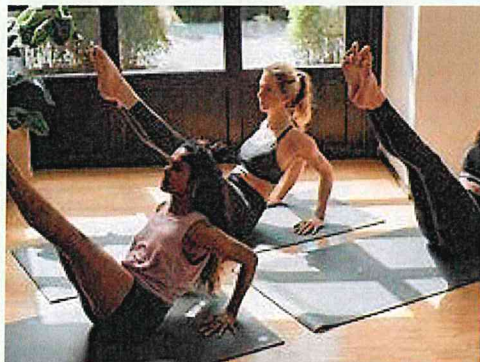
Pilates



This 45-minute Pilates mat class is devoted to full mind and body fitness. Exercise to soft music and work all the major joints and muscles in your body, while lengthening and strengthening through deep, slow, breaths. With major attention given to your core muscles (abs and back), this class also focuses on shoulders, neck, hips, knees, ankles, arms, legs, buttocks, etc. while emphasizing good form. With quality moves instead of quantity, this class will have you looking and feeling stronger, flexible and more balanced in no time at all.

****Please bring our own roll-up mat, (approx 1/2" in thickness), or you may purchase (\$20 each) or borrow one from instructor.****

Instructor: Deborah Norris
Who: Ages 55 and up
What: Pilates Mat Class
When: Friday 9:00am-9:45am
Where: Senior Center
Cost: \$5.00 cash per class
Min Participants: 6 Max. Participants: 20



Sign up sheet available at Senior Center

For questions or to sign up please call: **909-866-9700**

