

MAT SCIENCE

Pilates / Yoga Combo Class



Who: All ages and levels

What: Mat Science is based on a progressive series of exercises that accommodate all fitness levels to increase the strength, flexibility and balance of the entire body focusing on breathing and mindful movement.

When: September 1, 8, 13, 15, 20, 22, 27, 29
Mon. & Wed. 6 pm-7 pm

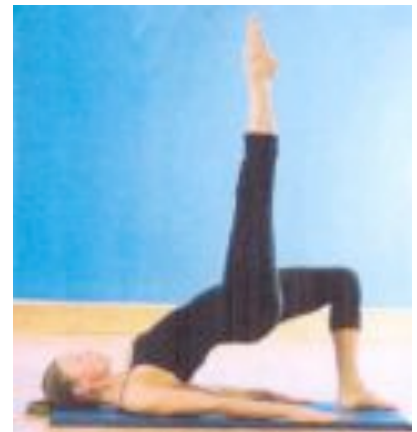
Where: Senior Center 42651 Big Bear Blvd., Big Bear Lake

Cost: \$55 for the month

Bring: Mat, Blanket or Towel

Instructor: Andrea Walker
(20yrs experience)

CLASS SIZE IS LIMITED



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