

# 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 16 and up  
What: Pilates Mat Class  
When: Friday 10am-10:45am (Oct. 7-28 & Nov. 4-18)  
Where: Miller Park (1178 Chickasaw Rd. Fawnskin, Ca 92333)  
Cost: \$28 for October \$21 for November  
**\*Drop-in cost \$10\***  
Min Participants: 6                      Max. Participants: 20



Register online at: [www.bigbearparks.com](http://www.bigbearparks.com)

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

