

WED & FRI 9:30-10:30AM

Never Stop Moving!

\$40/month

Or \$8 drop in

*A safe full body workout designed to stretch & strengthen muscles while incorporating Eccentrics for the Improvement of posture all while increasing energy with an enjoyable variety of moves.*

Class meets at the Senior Center 42651 Big Bear Blvd  
AFAA & Silver Sneakers Certified Instructor Kris Colt  
[artofpilates@gmail.com](mailto:artofpilates@gmail.com)

Senior Fitness