## PILATES FOR EVERYONE







Pilates is a total body conditioning exercise that combines flexibility and strength to restore the natural balance while boosting the immune system and reducing stress, fatigue and pain.

No food or drink one hour prior to the class. Wear comfortable clothing that is not too loose and bring a mat, towel & water.

## **Monday Evenings**

6:00 - 7:00 pm

**Ages 13 +** 

# 501960-01	May 6 – June 24	8 classes	\$80 Resident / \$88 Non-Resident
# 601960-01	July 1 – August 26	9 classes	\$90 Resident / \$99 Non-Resident

## \$12 Drop-In fee for an individual class

(Please present receipt to instructor before class)

## **Classes held at Rosemeade Recreation Center**

1330 E. Rosemeade Parkway, Carrollton

Instructor: Mashreghi

For more information call Rosemeade Recreation Center at 972-466-9800

Register online at: <a href="https://www.cityofcarrollton.com/signupnow">www.cityofcarrollton.com/signupnow</a>

