Pilates or Yoga for Everyone!

Pilates for Everyone on Mondays

6:00 – 7:00 pm

Ages 13 +

# 201960-01	**September 9 – October 28**	**8 classes**	**$80 Resident / $88 Non-Resident**
# 201960-02	**November 4 – December 16**	**7 classes**	**$70 Resident / $77 Non-Resident**

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 and water.

This class offers a $12 drop in fee that requires pre-registration before the start of class.

Yoga for Everyone on Wednesdays

6:00 – 7:00 pm

Ages 13 +

# 201980-01	**September 4 – October 30**	**9 classes**	**$90 Resident / $99 Non-Resident**
# 201980-02	**November 6 – December 18**	**6 classes**	**$60 Resident / $66 Non-Resident**

******(No class November 27th)******

As all bodies are different and people have different weaknesses and strengths, we help the body into the correct positions and focus on body alignment by using props. Come experience yoga to feel energized and revitalized.

No food or drink one hour prior to the class.

Wear comfortable clothing that is not too loose and bring a mat, towel and water.

This class offers a $12 drop in fee that requires pre-registration before the start of class.

Instructor: Simin Mashreghi

Classes held at Rosemeade Rec Center - 1330 E. Rosemeade Parkway (972) 466-9800

Register in person or at www.cityofcarrollton.com/signupnow

CARROLLTON TEXAS