

# PILATES OR YOGA



*Instructor: Simin Mashreghi*



## PILATES FOR EVERYONE

#130220-10	January 5– February 23	8 classes	\$80 Residents/ \$88 Non-Residents
#130220-30	March 2– April 27	9 classes	\$90 Resident/ \$99 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. Ages 13+.

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

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## YOGA FOR EVERYONE

#130250-10	January 7– February 25	8 classes	\$80 Residents/ \$88 Non– Residents
#130250-30	March 4– April 29	9 classes	\$90 Residents/ \$99 Non-Residents

Come experience yoga to feel energized and revitalized. Ages 13+.

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## YOGA FOR BACK CARE

#130260-10	January 5– February 23	8 classes	\$80 Residents/ \$88 Non– Resident
#130260-30	March 2– April 27	9 classes	\$90 Residents/ \$99 Non-Residents

This class aims to help people of all ages and body types to gain more energy and vitality. You will learn to strengthen all your muscle groups while stretching and relaxing the body and the mind. Ages 13+.

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No food or drink one hour prior to any of theses classes.

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

