

**Pilates (8 weeks 2x p/wk) (Being Held at the Parlin Library)**

Monday & Wednesdays starting at 7:00-8:00 pm

Starting April 21<sup>st</sup> through June 23<sup>rd</sup> (Off on Memorial Day)

\$40 p/ person (16 sessions)

Instructed by: **Personal Trainer** Peter O'Hara

**Pilates** is a floor-based class aimed at improving flexibility and strength using your own body weight. The series of positions and holds used through out the program will help increase strength in your core and improve balance. This class is great for beginners and athletes trying to improve their performance. 4/26, 5/24, 5/31 will be skipped. Bring your own yoga mat and bottled water.