

# Adult Programs



## Pilates

### *Spring Session*

**Pilates Mat Science is our most requested course! Pilates focuses on increasing flexibility and strengthening your core muscles. It is Great for toning and tightening. Classes meet once a week For 8 weeks.**

Course #101 Monday 4:30pm begins March 22

Course #112 Wednesday 6:45pm begins March 25

**Cost: Member: Free Nonmember: \$109**

If you can't make all the classes drop in as your schedule allows:

Drop in fee: \$15

