

Pilates info for Community Pass 2nd quarter 2024:

Do Pilates!

Have you tried Pilates? You'll perform all your activities with more strength, balance, and flexibility whether you're playing a sport, taking care of the kids, or doing any other activity at all - even sitting! Everyone wants to move freely and painlessly. Pilates helps you do that. Classes are for all levels. First-timers welcome at any time since the exercises are made more challenging or less, depending on the students' needs at the moment. Bring a mat or towel.

NEW THIS SPRING!

Now you can do Pilates two evenings/week in addition to the morning sessions.

25 classes for \$250 on Tuesday & Thursday 8:30-9:30 a.m. in **St. Denis Rm 1**.

23 classes for \$230 on Monday (**St. Denis Rm 2**) & Wednesday (**St. Denis Rm 1**) 5:00-6:00 p.m.

Please Note: When registering on Community Pass please indicate a.m. or p.m. session.

Walk-ups are welcome for \$15/class (**30% savings via Community Pass**).

Questions? Call or text Theresa 914-960-9214.

Morning Sessions: Tue. & Thu.

April 4, 9, 11, 16, 18, 23, 25, 30

May 2, 7, 9, 14, 16, 21, 23, 28, 30

June 4, 6, 11, 13, 18, 20, 25, 27

Evening Sessions: Mon. & Wed.

April 8, 10, 15, 17, 22, 24, 29

May 1, 6, 8, 13, 15, 20, 22, 29

June 3, 5, 10, 12, 17, 19, 24, 26