

Do Pilates With Theresa Karron

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 are welcome at any time since the exercises are made more challenging or less, depending on the students' needs at the moment. Bring a mat!

Classes are held at the St Denis School Classroom #1, 90 Union Avenue (entrance is at the rear of the school)

Walk-ups are welcome for \$15.

Dates (Tuesdays and Thursdays):

Jan.: 4, 9, 11, 16, 18, 23, 25, 30

Feb.: 1, 6, 8, 13, 15, 20, 22, 27, 29

Mar.: 5, 7, 12, 14, 19, 21

Class start time runs from 8:30 a.m. to 9:30 a.m.

Theresa just added Wednesday evenings for a limited time (unless interest is there) beginning on February 6th and ending on March 13th. Start time is 5pm!

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

This program is sponsored by Manasquan Recreation

