

LOWER PROVIDENCE PARKS & RECREATION

MAT PILATES

Loose inches off your waist, stomach, hips and thighs! Strengthen all your muscles, even ones you never knew you had! Relieve wrist, neck and shoulder pain. Melt away stress. Learn to strengthen and align the muscles that support your back as well as stretch your body's muscles to help prevent knots and spasm. Perfect for men and women, ages 12 and up, all fitness levels. No prior training needed. Movements are customized to fit each student's body. Wear comfortable exercise attire. Bring a thick exercise mat, large towel & pilates band. For new students a special band will be provided. For additional Mat Pilates information call (856) 751-0095 or visit www.vivapilates.net



Session I: Tuesdays, April 13 – June 15
Time: 6:00p.m. - 7:00p.m.
Location: [Level Road School House](#)
Fee: \$125 Resident
\$122 Non-Resident

Session II: Thursdays, April 15 – June 17
Time: 7:00p.m. - 8:00p.m.
Location: [Level Road School House](#)
Fee: \$125 Resident
\$135 Non-Resident

FOR ADDITIONAL INFORMATION & TO REGISTER:

[Lower Providence Parks and Recreation](#)

(610) 635-3543

WWW.LOWERPROVIDENCE.ORG