

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, January 19 – March 16
Time: 6:00p.m. - 7:00p.m.
Location: [Level Road School House](#)
Fee: \$112 Resident
\$122 Non-Resident

Session II: Mondays, January 25 – March 22 (No class 2/15)
Time: 7:00p.m. - 8:00p.m.
Location: [Level Road School House](#)
Fee: \$99 Resident
\$109 Non-Resident

FOR ADDITIONAL INFORMATION & TO REGISTER:

[Lower Providence Parks and Recreation](#)

(610) 635-3543

WWW.LOWERPROVIDENCE.ORG