

Brownstown Recreation



Enjoy learning gentle postures that help you concentrate on a full body workout with an emphasis on core strength. This exercise helps to improve general fitness and overall well-being.

Pilates concentrates on balance, posture and flexibility, building your energy to work through the poses.

You will work on a mat on the floor and achieve results by using gravity and your body's own resistance.

All ages and levels are welcome.

Wear comfortable, stretchable clothing and bring a mat.

Classes: Session I

**Wednesdays Sept 20th— Oct. 18th @ Community Center
6:00—6:45 p.m.**

Session II

**Wednesdays Nov. 1st—Nov. 29th @ Community Center
6:00-6:45 p.m.**

**Cost: Resident: \$26.00 per session/per class
 Non-Residents: \$31.00 per ses-**



For More Information Call 675-0920

You can also register at brownstownrec.org

