



Beginner Pilates

NEW LOCATION!

LADERA LINDA COMMUNITY PARK

32201 FORRESTAL DRIVE



INSTRUCTOR:

MARY CASTRO

MONDAYS

10:00 AM - 11:00 AM

6 WEEK SESSION

MONDAYS,

JANUARY 19 - FEBRUARY 23

COST \$150

AGES 18 AND UP

Get Ready to Build Strength, Mobility and Stability in a Safe and Effective Manner!

Beginner Pilates is a Full Body Low-Impact workout that utilizes Resistance Bands in order to improve overall strength, core strength, flexibility, posture and mental awareness.

Pilates will help you move better, feel better and live better.

Ages 55+ are welcome. All you need to bring is a Mat. Resistance Bands will be provided.

For more info:

parks@rpvca.gov

www.rpvca.gov/parks



SCAN THE CODE TO REGISTER
VISIT RPVCA.GOV/PARKS