

Get a total body workout with

PILATES

Tues & Thurs

8:30-9:30am

NV Way Rec. Bldg.

(DWP)

&

Thursday

5-6pm

Multi-use building

\$8 daily

\$30 for 4 classes

\$50 monthly

for all classes



PILATES is a system of controlled exercises that engage the mind and condition the total body. The blend of strength and flexibility training improves posture, reduces stress and creates long, lean muscles without bulking up. Pilates takes a balanced approach so that no muscle group is overworked and the body moves as an efficient, holistic system in sport and daily activity. Instructor LYNN ST PIERRE certified via Peak Pilates.

PILATES BASIC MAT CLASS will start with fundamentals. In this class you will learn the basic series of exercises upon which the entire Pilates method is built. This total body work out incorporates breathing techniques, core strengthening and stability of muscles. The heavy emphasis on abdominal strengthening is a necessity at every fitness level. Increase strength, balance and agility while relaxing and focusing your mind.

Instructor Lynn St. Pierre

Pre-register at

Boulder City Parks and Recreation Department
900 Arizona Street 702-293-9256

Sign up now!

