

# Pilates Class

Village of Turtle Lake Parks & Recreation

## Get Strong, Long & Lean with Pilates

This Popular Form of Exercise focuses on Core Strength. A Strong Core allows your body to move fully and gracefully with ease.



Pilates works for Anyone and Everyone!  
Both Men & Women—Seniors & New Mothers

Six Week Course ♦ ♦ Sept. 17—Oct. 29  
**Mondays** - 6—6:45pm  
at the Turtle Lake School Choir Room



Come in Comfortable Clothing that Allows you to Stretch  
Bring Along a Mat and Water Bottle

Look Forward to Your New Sculpted Body  
with this Invigorating and Fun type of Exercise!

\$36 per participant / Six Sessions

**\*\* Pre-Register at Village Hall by September 14th \*\***  
For More Information, call 986-2241

Instructor: Alissa Coomer, 948-2898