



evening
Pilates

Strengthen Your Mind & Body!

**Improve
Flexibility
and
Posture**

Adults, 18+

**Sculpt,
Tone, and
Renew
Your Body**

Tuesdays, April 22nd - June 10 (8 weeks)

7:45pm - 8:45pm

Lewisboro Recreation Gym

\$160.00/participant

activity #: 220301-A1

Must bring: a Pilates ring & mat