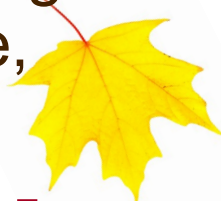




Join Sophina Goodall as we fall into the cooler weather! Pilates focuses on strengthening your core by using low impact exercise that aligns your body posture, develops balance, and builds long, lean muscles.



Monday & Wednesday
9:00 - 10:00 am



Cost is \$8.00 per class
Participants must have a
Recreation Center Membership or
pay the daily guest fee plus the rate
of the class. All Levels Welcome!

For more information, call Sophina at
910-685-4707 or email
communitypilatesandwellness@hotmail.com

