

Pilates



Our Basic-Intermediate Pilates mat class is a physical conditioning activity involving low-impact exercise and stretches. Jennifer Jackson is a Pilates Instructor certified in both mat and equipment.

Monday 9:30—10:30am

Thursday 8:00—9:00am



Cost is \$7.00 per class.
All participants must have a Recreation Center Membership prior to taking the class.

Feel free to contact the Recreation Center with any questions at 458-2977.

