



## **PILATES 2010**



Beginning on Monday, January 4, 2010 Pilates will now consist of sessions based on (16) classes.

Cost for the session will be \$48, which is calculated on a minimum of 10 participants. Final cost will be determined upon participation.

Pilates class times are as follows:  
Monday & Wednesday from 12:15 pm – 1 pm.

To sign up, please reply to Jackie Via, Wellness Coordinator by Friday, December 11, 2009.

For further information Jackie Via can be reached at ext. 2748.