

Pilates with Bands



With Pilates you can expect to lose weight and inches, tone up, increase mobility and flexibility, improve balance and coordination, decrease back pain and stiffness, improve your posture, achieve a flatter stomach, enhance body alignment, gain body awareness, improve focus, stimulate the mind and de-stress the body and mind.

Exercise bands add a level of resistance to improve muscle tone, range of motion, and flexibility.

Take your Fitness to the Next Level . . .

June 24, 2013 – August 14, 2013

Sessions will be held twice a week on Monday and Wednesday from 12:15 pm – 1:00 pm.

(16) classes in the Lake County Administration Assembly Room.

All fitness levels welcome. Cost is \$48 based on 10 people.

Please call Jackie Via at ext. 2748 to sign up by **Friday, June 14, 2013.**