

Pilates



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.

Take your Fitness to the Next Level. . .

March 16, 2011 - May 11, 2011 (No class on Wednesday April 13th)

A Pilates Session will begin on Wednesday, March 16, 2011 from 12:15 pm - 1:00 pm for (16) classes in the Lake County Administration Assembly Room. All fitness levels welcome. Cost is determined on the total amount of participants.

Space is limited!

Please call Jackie Via at 350-2748 to sign up!