



PILATES



A Pilates Session consisting of (16) classes is scheduled to begin on Monday, November 15, 2010 through Monday, January 10, 2011 in the Administration Building Assembly Room.

(No class on Monday, November 29th)

Pilates is partially funded by the Wellness Program.

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

Class day and time are as follows:

Monday & Wednesday from 12:15 pm – 1:00 pm.

To express your interest, please reply to Jackie Via, Wellness Coordinator at ext. 2748 by Monday, November 8, 2010.