



## PILATES



A Pilates Session will begin on Monday, March 15, 2010 through May 5, 2010, which consists of (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.

Location: Lake County Administration Assembly Room

To sign up, please reply to Jackie Via, Wellness Coordinator by Friday, March 5, 2010.

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