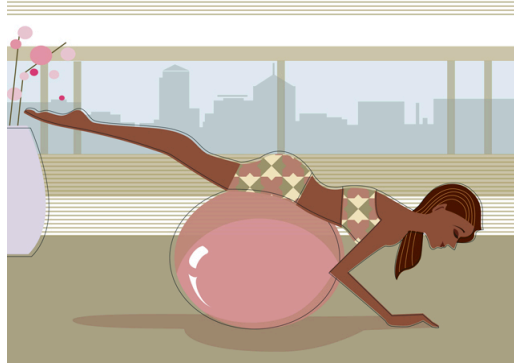


Pilates Class



Who: Pilates is for any adult and can be adapted to any body type or fitness level.

What: Pilates is an exercise program that strengthens your core muscles through a series of strengthening and stretching exercises. Pilates focuses on concentration, centering, precision, control, breathing, and fluid movement and can be adapted to any body type or fitness level. Possible benefits of Pilates classes include, but are not limited to, additional muscle strength, increased flexibility, improved body posture, and better alignment.

Where: City of Troy Community Recreation Center

When: Two options - The morning class meets Tuesdays and Thursdays from 8:00 - 9:00AM. The evening class meets Tuesdays from 5:30 - 6:30 PM and Thursdays 7:00 - 8:00 PM.

Cost: \$25 per month OR \$5 per class

Students should bring either an exercise mat or towel to lay on. You can join any time; classes are ongoing. Payment should be made to the instructor (Karen Alewine) at the time of your first class.

For more information students can call Karen Alewine at (256)509-8256.

Check us out on Facebook at <http://www.facebook.com/pages/Pilates-by-Karen/202044689814184>