

Pilates Class

Village of Turtle Lake Parks & Recreation

Get Strong, Long & Lean with Pilates

This Popular Form of Exercise focuses on Core Strength.
A Strong Core allows your body to move fully and gracefully with ease.



Pilates works for Anyone and Everyone!
Both Men & Women—Seniors & New Mothers

Six Week Course ♦ ♦ Sept. 17—Oct. 29
Mondays - 6—6:45pm
at the Turtle Lake School Choir Room



Come in Comfortable Clothing that Allows you to Stretch
Bring Along a Mat and Water Bottle

Look Forward to Your New Sculpted Body
with this Invigorating and Fun type of Exercise!

\$36 per participant / Six Sessions

**** Pre-Register at Village Hall by September 14th ****
For More Information, call 986-2241

Instructor: Alissa Coomer, 948-2898