



Pilates Group Personal Training

Benefits of Pilates:

- *Improved Flexibility
- * increased muscle strength and tone, particularly of the abdominal muscles, lower back, and buttocks

Starting 2/4/20, ending 2/27/20

WHEN: 4 weeks: Tuesdays and Thursdays @11am

Where: Valdese Recreation Splash Park Building

**Cost: \$16 for Silver Sneakers-Renew Active Members
\$20 for Members/\$30 for Non-Members**

Minimum of 10 participants

Limited to 15 participants

Instructor: Personal Trainer Toni Reece

*****Sign up and pay by Friday, January 31, 2020**

Call 828-291-8320 for more information.