



Pilates Fitness

at Marks Street Senior
Recreation Complex

Wednesdays and Fridays

5:30pm to 6:30pm

All levels are welcome, ages 18 and up.
New students should arrive 10 minutes early for registration.

\$7
PER CLASS

A low-impact fitness class designed to strengthen
your core muscles and provide more flexibility.

Equipment is necessary for this class, and will be
provided, but feel free to bring your own:

- 1 - pilates/yoga style floor mat
- 2 - Non-weighted, inflatable exercise balls (4-5")
- 1 - Flat exercise band (5" wide, medium weight)

For more information, please
call Lisa Foreman at (407) 341-7270.

We embrace the power of diversity. Orange County Parks and Recreation
does not discriminate against anyone on the basis of age, race, gender,
national origin or disability. ANY SPECIAL NEEDS PLEASE CALL.

