

PILATES CLASS

with Susan Bingham

This is a refreshing, meditative workout for men and women based on the principles of Joseph Pilates, whose concentrated moves were originally designed to tighten the abs and strengthen the lower backs of boxers and dancers. Pilates workouts improve flexibility and balance as well as increase core strength, muscle tone, and overall well-being. Beginners and advanced students of all ages and conditions may take the same class, as moves and positions can be modified.



Men are welcome, too!

(Intermediate/Advanced)

MONDAYS 9:30-10:30am
THURSDAYS 10:30-11:30am

Please bring a water bottle & yoga mat or heavy towels.

Lower Macungie Recreation/Programs is pleased to be offering the following:

WHAT: Pilates Class

WHEN: MONDAYS 9:30-10:30am

___ Mar. 12th – Apr. 30th ~ **Session II** (makeup date 5/7)

___ May 14th – Jul. 9th ~ **Session III** (makeup date 7/16) **no class 5/28**

THURSDAYS 10:30-11:30am

___ Mar. 15th – May 3rd ~ **Session II** (makeup date 5/10)

___ May 17th – Jul. 12th ~ **Session III** (makeup date 7/19) **no class 7/5**

WHERE: Lower Macungie Community Center

COST: \$64.00 for 8 week session

Registration is limited to 30 people

REGISTRATION: NAME: _____

ADDRESS: _____

HOME PHONE & CELL#: _____

E-mail ADDRESS: _____

Please make check payable to: Lower Macungie Township, 3400 Brookside Road, Macungie, PA 18062
ATTN: Community Center Class

Register: Lower Macungie Community Center ~ Monday-Friday ~ 8am-4:30pm

Addition Information: Please call 610-966-6924

Cancellation Policy: No refund for cancellation made two weeks (or less) from first date of class.



www.lowermac.com

FOR TOWNSHIP USE ONLY

PAID: _____

CASH: _____ **CHECK:** _____