

Get a total body workout with

PILATES



Tues & Thurs

\$10 daily

9am

\$35 for 4 classes

**NV Way Rec. Bldg.
(DWP)**

\$50 T/Th monthly fee

PILATES is a system of controlled exercises that engage the mind and condition the total body. The blend of strength and flexibility training improves posture, reduces stress and creates long, lean muscles without bulking up. Pilates takes a balanced approach so that no muscle group is overworked and the body moves as an efficient, holistic system in sport and daily activity. **Instructor LYNN ST PIERRE** certified via Peak Pilates.



Instructor Lynn St. Pierre

Pre-register at
Boulder City Parks and Recreation Department
900 Arizona Street 702-293-9256

Sign up now!