



Pilates

Pilates is the perfect exercise for every age and fitness level. Everyone can do pilates! Pilates targets the development of core strength, increases flexibility in the spine and joints, and greatly improves overall posture and tone. Please bring a mat and towel to each class.

	Session 1	Session 1	Session 1
Code #:	3730-0	3730-1	3730-6
Date(s):	5/9-6/20	5/12-6/16	5/9-6/20
No Class:	5/30	5/30	5/30
Day:	Monday	Thursday	Mon. & Thurs.
Time:	9 - 10 AM		
Location:	Chalet Dance Studio		

Res Fee: **Chalet Members/ Residents**
 \$54 for Monday or Thursday
 \$100 for Monday & Thursday

Non-Res Fee: **Non-Chalet Members/ Non-Residents**
 \$65 for Monday or Thursday
 \$122 for Monday & Thursday

1 Day Drop In: \$15 for 1-day drop-in (code# 3730-2)

	Session 2	Session 2	Session 2
Code #:	3730-3	3730-4	3730-7
Date(s):	7/11-8/29	7/14-9/1	7/11-9/1
Day:	Monday	Thursday	Mon. & Thurs.
Time:	9 - 10 AM		
Location:	Chalet Dance Studio		

Res Fee: **Chalet Members/ Residents**
 \$72 for Monday or Thursday
 \$135 for Monday & Thursday

Non-Res Fee: **Non-Chalet Members/ Non-Residents**
 \$88 for Monday or Thursday
 \$165 for Monday & Thursday

1 Day Drop In: \$15 for 1-day drop-in (code# 3730-5)

Ages: 18 +
 Instructor: Lorna Carrara
 Min/Max: 8/20

FREE PASS

SPEND THE DAY AT THE CHALET

Visit us at 8300 S. Wolf
Rd. in Willow Springs