

Pilates

with Janice



Tuesday Mornings

November 8, 2016- January 10, 2017

new session starts every 10 weeks

9:00-10:00 am

Harwinton Community Hall

14 South Road

\$80 /10 weeks

Looking for an effective, efficient workout that increases strength and flexibility while relieving stress?

Pilates could be your answer!

For both men and women, this exercise uses extension and flexion to sculpt long, lean muscles.

It's similar to yoga, but works toward total body conditioning through core muscles.

Use your body's own resistance in postures and movements designed to provide a workout experience that challenges and satisfies.

Come and enjoy this fun group class today! Be sure to bring a yoga mat!

Feel free to contact us with questions.

Instructor, Janice Cyr
Janice@csi-springs.com

Recreation Dir., Suzanne Stich
recreation@harwinton.us
860-485-0626

*To register complete a Harwinton Recreation Registration Form and return with your check payable to "Harwinton Recreation" to:
Harwinton Town Hall, Recreation Department
100 Bentley Drive, PO Box 66, Harwinton CT 06791*