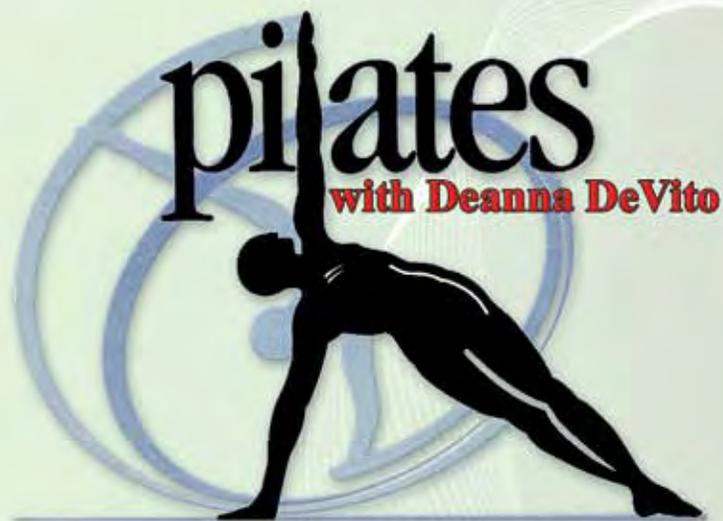


## **\*NEW\* Intro to Pilates**

A 30 minute class that will introduce the principles of Pilates, along with 10-12 exercises that are designed to help you build familiarity with the Pilates mat exercises. The exercises will provide a foundation for building core abdominal strength, stability and flexibility that Pilates is famous for. \*This class is not eligible for drop-in.



## **Mondays**

**11:15am-11:45am**

**Sept. 10, 17, Oct. 1, 15**

**\$16 for a four week session**

**(\$8 for E1-E6)**

**Register by Sept. 7.**

**No class Sept. 24 or Oct. 8.**

## **Wednesdays**

**11:15am-11:45am**

**Sept. 12, 19, 26, Oct. 3**

**\$16 for a four week session**

**(\$8 for E1-E6)**

**Register by Sept. 7.**

## **All Levels**

Pilates is a unique method of body conditioning that involves a series of movements performed on the mat. The exercises target the deep postural muscles aimed at building muscle strength and rebalancing the body as well as improving posture, flexibility, coordination, concentration and control of the body.

Drop In Passes are now available for 1 hour classes!

\$60 for an eight-class pass. Liberty E1-E6 \$30

Register for all Energy Zone classes at the Fitness & Sports Office.

For more information call 301-995-3869 or 301-757-3943.

## **Mondays**

**12:00pm-1:00pm**

**Sept. 10, 17, Oct. 1, 15, 22, 29**

**\$45 for a six week session**

**(\$22.50 for E1-E6)**

**Register by Sept. 7.**

**No class Oct 8.**

## **Wednesdays**

**12:00pm-1:00pm**

**Sept. 12, 19, 26, Oct. 3, 10, 17**

**\$45 for a six week session**

**(\$22.50 for E1-E6)**

**Register by Sept. 11.**

