

TUESDAY AT 7PM - \$40 (4 WEEKS)

PILATES *mat* level 1

ABOUT THE CLASS

Pilates mat is a type of Pilates workout performed on a mat, relying on body weight for resistance and requiring minimal equipment. It is a foundational form of Pilates, often recommended for beginners and those seeking a low-impact, accessible exercise option



Persons with disabilities are welcome to participate in our programs. Reasonable accommodations will be made with prior arrangement. Please be aware that some accommodations may take 30 days or longer. Please submit your request for an accommodation as soon as possible. Achieving Gender Equity through a continuous commitment to girls and women in sports.

Programs and classes are subject to change or cancellation without notice.

No Refunds will be issued unless the program is cancelled by the Recreation Center.

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