

SALEM RECREATION

PILATES

SESSION 1



DANE WETTON | UNSPLASH

Monday Evenings, 5:30 - 6:30 p.m.

April 3 to May 22 (no class on May 8)

Wednesday Mornings, 10:00 - 11:00 a.m.

April 5 to May 24 (no classes on May 12 & May 10)

Salem Free Public Library

FEE: \$50 Resident; \$55 Non-Resident

Pilates — Originally called Contrology by Joseph Pilates.

Pilates was designed to rehabilitate the body.

Using a series of mat exercises, with the breathe, we will create a stronger core, longer muscles and better alignment throughout the body.

This is a fun and non competitive class.

Easily modified.

Registration: salemct.gov/recreation

Salem Recreation | recreation@salemct.gov | 860 859 3873, x275