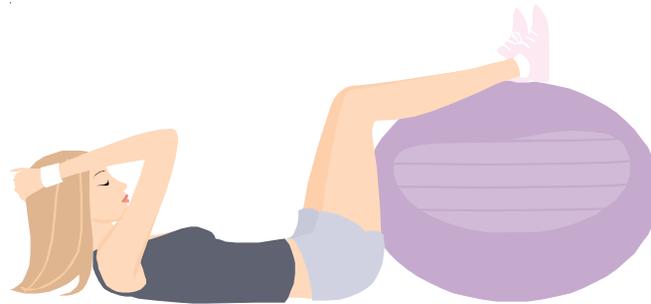


Discover the benefits of
Pilates!

Pilates mat class is a body conditioning method that focuses on developing core stability using a series of stretching, strengthening and lengthening exercises that target the “core muscles,” abdominals, lower back, hips, thighs and buttocks.

This class is designed to create a strong and balanced body, as well as a physical awareness to assist in moving your body correctly in your everyday activities.

*Join us for this relaxing
and spiritual experience!*



Mountainside Recreation Department

1385 Route 22 East
Mountainside, NJ 07092

www.mountainside-nj.com

(908) 232-0015

Pilates



***Condition
Your
Core!***

PILATES
March/April 2013

Name _____

Address _____

Home Phone _____

Work Phone _____

Cell Phone _____

Email _____

WEDNESDAY EVENING

\$69 resident
\$77 non-resident

I have recently been examined by a physician, and to the best of my knowledge and belief, am fit to participate in the program. It is understood that I am participating at my own risk, and that the Mountainside Recreation Department, program supervisor, and employees do not assume any liability thereof. I give my permission to be photographed, and for the photographs to be used in Recreation Department materials.

Signature of Participant

Amount enclosed \$ _____

March/April 2013

PILATES
March/April 2013

DATES

Wednesday
March 6, 13, 20, 27
April 3, 10, 17, 24

INSTRUCTOR

Kate Hewson
Certified Pilates Instructor

PLACE

Mountainside Borough Hall
Community Room (2nd Floor)

TIME

Wednesday 7:00-8:00 pm

FEES

Wednesday PM:
\$69 resident
\$77 non-resident



WHAT TO WEAR

Loose, comfortable clothing.

WHAT TO BRING

Bring a yoga/pilates (sticky) mat, towel and water if desired.

**PRE-REGISTRATION IS
REQUIRED!
ENROLLMENT IS LIMITED!**

Please return registration form with a check payable to the **Mountainside Recreation Department** to:

Mountainside Recreation Department
1385 Route 22 East
Mountainside, NJ 07092

Any questions? Call (908) 232-0015
or visit www.mountainside-nj.com