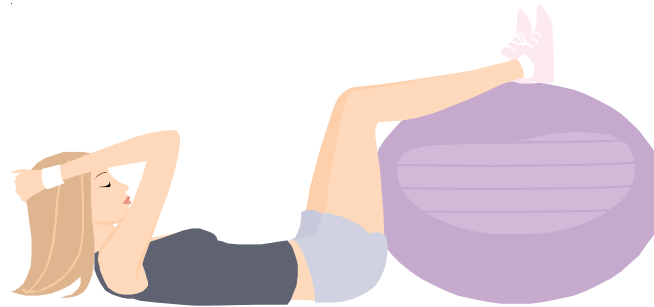


Discover the benefits of
Pilates!

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/recreation.htm

(908) 232-0015

Pilates



***Condition
Your
Core!***

PILATES
Mar/Apr 2010

Name _____

Address _____

Home Phone _____

Work Phone _____

Cell Phone _____

Email _____

CIRCLE CHOICE BELOW

WEDNESDAY EVENING	FRIDAY MORNING	BOTH DAYS
\$62 res.	\$54 res.	\$116 res.
\$68 non-res.	\$59 non-res.	\$127 non-res.

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 \$ _____

Mar/Apr 2010

PILATES
Mar/Apr 2010

DATES

Wednesday PM

March 3, 10, 17, 24, 31

April 14, 21, 28

Friday AM

March 5, 12, 19, 26

April 16, 23, 30

INSTRUCTOR

Kate Hewson

Certified Pilates Instructor

PLACE

Mountainside Borough Hall
Community Room (2nd Floor)

TIME

Wednesday 7:00-8:00 pm

Friday 9:15-10:15 am

FEES

Wednesday PM:

\$62 resident

\$68 non-resident

Friday AM:

\$54 resident

\$59 non-resident

Both days:

\$116 resident

\$127 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/recreation.htm.