



# Beginner Pilates

Join this 4-week class series to learn the basics of Pilates in a fun and easy way.

Class will include Pilates posture correction exercises that will help strengthen your core, lengthen your muscles and allow you to stand and sit taller throughout the day.

The benefits of Pilates include improved body awareness and flexibility, increased muscle strength and tone, stability, and a strong core.

*All fitness levels are welcome. Maximum 18 participants. Face coverings are required, may be removed while actively exercising and maintaining social distancing. **Registration is required.***

- Day:** Thursdays
- Dates:** April 8 – 29
- Time:** 12 – 12:45 p.m.
- Location:** Aerobics Studio
- Cost:** Members \$20, Non-members \$40
- Instructor:** Fallon Seidenfeld

For more information, visit the Member Services desk or call 515-226-9622.

.....  
**Register online or at the Member Services desk by April 1.**  
.....