

# PILATES

Class is designed to improve physical strength, flexibility, posture, and enhance mental awareness.

**45 Minute workout- 4 Week Sessions**

**Adults 18+**

**Tuesday Evenings 645pm**

Classes at **The Community Center**

3278 Whitehaven Rd. Grand Island NY  
(Nike Base Park)

*Beginners Welcome!*

Required: Yoga mat, appropriate footwear,  
water bottle (optional).

Online Registration is required.

\*This program is taught by an independent instructor

**Register Online: Information, and Payment Go To:**

**<https://grandislandny.myrec.com>**

***Click On "Programs"***

**Grand Island Recreation Department 716-773-9680**

