

# PILATES

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

**45 Minute workout- 4 Week Sessions**

**Adults 18+  
Tuesday Evenings**

Classes at **The Community Center**  
3278 Whitehaven Rd. Grand Island NY  
(Nike Base Park)

***Beginners, Residents & Non-Residents 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**

