

# Pilates / Core Strength

Pilates is a series of non-impact exercises designed to develop strength, flexibility and balance. These targeted exercises enable you to achieve a trimmer waist while improving your posture and coordination. Pilates is a fun and healthy way to reduce your stress level and attain a beautifully sculpted body.

**WHO:** Women & Men age 18 & over

**WHEN:** Wednesday Nights

September 14th to October 19th

6 Sessions

**WHERE:** Held at the Tarrytown Senior Center

240 W. Main Street, Tarrytown, NY

**TIME:** 7:15pm to 8:15pm

**FEE:** \$60

**INSTRUCTOR:** Fern Stearney



**REGISTRATION IS REQUIRED**

For more information, please call  
the Tarrytown Recreation Department  
at 914-631-8347.

Registration Form on the back.

