



Pilates / Yoga Combo Class

Instructor: Mark Quinn, Certified Pilates and Yoga Instructor

When: **Thursdays, 8-week session (starting 1/5/12)**

Class dates: **1/5, 1/12, 1/19, 1/26, 2/2, 2/9, 2/16, 2/23**

Class time options: [Class 1: 4:15 pm – 5:00 pm](#) or [Class 2: 5:15 pm – 6:00 pm](#)

Where: Animal Care & Control
2500 South 27th Ave.
Conference Room 102

Info: Pilates is an exercise system focused on improving flexibility, strength and body awareness. It is a series of controlled movements which develops core strength and spinal alignment. The second half of class focuses on yoga movements which promote flexibility, relaxation and proper breathing. **Mats will be provided for the class.**

Cost: Determined by the number of people registering for the class. Students share the cost of the instructor. We ask that you register **by Wednesday, January 4th**. Click on the class of your choice above to email Jan Hertzfeld and include contact information. Jan will send out class details and cost prior to the first class.

Payment for the 8-week session will be required at the first class on January 5th. You will need to bring cash or a check made payable to Mark Quinn.