



## Pilates / Yoga Combo Class

**Instructor:** Mark Quinn, Certified Pilates and Yoga Instructor

**When:** Tuesdays, 8-week session (starting 1/10/12)

**Class dates:** 1/10, 1/17, 1/24, 1/31, 2/7, 2/14, 2/21, 2/28

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

**Where:** Administration Building  
301 West Jefferson St.  
Basement, **New Group Exercise Studio**

**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 Friday, January 6<sup>th</sup>**. 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 10<sup>th</sup>.** You will need to bring cash or a check made payable to Mark Quinn.