



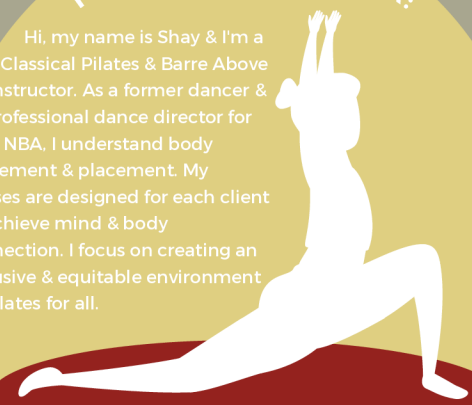
Fusion Mat

Pilates



FROM THE INSTRUCTOR:

Hi, my name is Shay & I'm a Classical Pilates & Barre Above Instructor. As a former dancer & professional dance director for the NBA, I understand body movement & placement. My classes are designed for each client to achieve mind & body connection. I focus on creating an inclusive & equitable environment to Pilates for all.



AGES	DAY	TIME	WKS	FEE	DATES
18 & Up	Tuesdays	6 - 6:45 pm	8	\$ 90	10/08 - 11/26

Fusion Mat Pilates includes: Mat Pilates, Pilates Barre/Ballet & light weights. This class will help strengthen the mind - body connection & help you center in to develop a strong core. This is an all levels class and instructor will offer modifications & progressions for everyone.

Gentle & Flow

Yoga

AGES	DAY	TIME	WKS	FEE	DATES
<u>Gentle Yoga</u> 18 & Up	Fridays	10:15- 11:15am	8	\$ 90	10/11 - 12/06 **No class 11/29
<u>Yoga Flow</u> 16 & Up	Saturdays	9 - 10 am	8	\$ 90	10/12 - 12/07 **No class 11/30

Gentle Yoga is for those looking for a restorative yoga class that is gentle on the body and relaxing to the mind.

TO REGISTER VISIT:

LAPARKS.ORG/RECCENTER/WESTCHESTER

or
Scan Me!



Yoga Flow explores the basic flows of yoga combining fluid movements and deep stretches to enhance flexibility and balance. Build your connection of breath with movement, as you flow through sequences to improve and challenge yourself. All levels welcome.

