

YOSEMITE RECREATION CENTER

Starting April 5th!

PILATES CLASS


SATURDAYS

9:30am - 10:30am

\$40 /4 weeks

Ages 18+

- Improve posture and body alignment
- Increase muscle flexibility
- Enhance breathing techniques
- Reduce stress and promote relaxation
- Sculpt and tone your body
- Safe and injury-free workout

 (323) 257-1644

 YosemitePark.RecreationCenter@lacity.org

 1840 Yosemite Drive, Los Angeles, CA 90041

 [Yosemite.RC](https://www.instagram.com/Yosemite.RC)



Registration Link
laparks.org/reccenter/yosemite



Persons with disabilities are welcome to participate in our programs. Reasonable accommodations will be made with prior arrangement. Please be aware that some accommodations may take 30 days or longer. Please submit your request for an accommodation as soon as possible.

