



Exercise & Mind/Body Fitness

Pilates & Other Core Training Classes

Basic Pilates

Develop body awareness through flowing and controlled exercises. Emphasis will be on increasing muscle flexibility and strength while engaging core muscles. The six basic Pilates principles - control, center, concentration, fluidity, precision and breath - will be utilized to improve the mind/body connection. Class will consist of mostly mat work.
 Location: Dole Center, Studio 2
 Instructors: Liddie Murray & Laura Dolly
 # of weeks: 6 Min 6/Max 16

LV Beginning/Continuing Pilates

Pilates utilizes a unique system of stretching and strengthening exercises which work the entire body. Pilates exercises help tone muscles, develop core stability, improve posture, increase flexibility and train the body and mind to work together to improve overall fitness.
 Location: Dole Center, Studio 2
 Instructors: Liddie Murray, Tim Gittings, & Nell Wasserstrom
 # of weeks: 6 Min 6/Max 16



Day, Time	Dates	Instructor	Fee	Code
Basic Pilates				
W, Noon-12:55pm	Jan 7 - Feb 11	Dolly	\$60/\$90	#143080-01
	Feb 25 - Apr 1	Dolly	\$60/\$90	#143080-12
Th, 8:15-9:10am	Jan 8 - Feb 12	Murray	\$60/\$90	#143080-02
	Feb 26 - Apr 2	Murray	\$60/\$90	#143080-13
Beginning/Continuing Pilates				
M, 9:30-10:25am	Jan 5 - Feb 16 (No class 1/19)	Murray	\$60/\$90	#143080-03
	Feb 23 - Mar 30	Murray	\$60/\$90	#143080-14
Tu, 8:15-9:10am	Jan 6 - Feb 10	Murray	\$60/\$90	#143080-04
	Feb 24 - Mar 31	Murray	\$60/\$90	#143080-15
Tu, 7:30-8:25pm	Jan 6 - Feb 10	Gittings	\$60/\$90	#143080-07
	Feb 24 - Mar 31	Gittings	\$60/\$90	#143080-18
Th, 7:30-8:25pm	Jan 8 - Feb 12	Wasserstrom	\$60/\$90	#143080-05
	Feb 26 - Apr 2	Wasserstrom	\$60/\$90	#143080-16
Sa, 9:30-10:25am	Jan 10 - Feb 14	Wasserstrom	\$60/\$90	#143080-06
	Feb 28 - Apr 4	Wasserstrom	\$60/\$90	#143080-17

Core Power

Learn to strengthen and lengthen while concentrating on the large muscles in the center of the body, the abdominals, the lower back and the buttocks. Through a series of mat and standing exercises, you will learn to move from your center and recover the body shape and tone that you desire.

Instructor: Al Tischina
 Location: Dole Center, Studio 2
 M, 7:45-8:45pm \$45/\$68
 Jan 5 - Feb 16 (No class 1/19) #143050-14
 Feb 23 - Mar 30 #143050-32
 # of weeks: 6 Min 6/Max 20

Registering Online? Sign Up Today!
 Online registration closes two days before a class begins.
 Remember to sign up early to ensure your spot.

LOTTERY!
 Lottery Deadline is Noon, Dec 18.
 Please read lottery info on page 73.