



CITY OF WALNUT

FALL 25



# MAT PILATES

ENHANCE YOUR PHYSICAL WELL-BEING WITH A CLASS DESIGNED TO BUILD CORE STRENGTH, IMPROVE POSTURE, AND INCREASE FLEXIBILITY, MOBILITY, AGILITY, AND BALANCE. PERFECT FOR ALL FITNESS LEVELS—ESPECIALLY BEGINNERS OR THOSE RETURNING TO EXERCISE—THIS MAT-BASED PILATES CLASS USES INTENTIONAL MOVEMENT TO SUPPORT AND STRENGTHEN THE BODY. OPTIONAL PROPS MAY BE USED FOR ADDED SUPPORT AND VARIETY. PLEASE BRING AN EXERCISE MAT; LIGHT HAND WEIGHTS (1–2 LBS.) ARE OPTIONAL. THIS CLASS WILL BE HELD AT THE WALNUT SENIOR CENTER (21215 LA PUENTE RD).

**SATURDAYS 11:00AM- 12:00PM**

**#13413 - SEPTEMBER 20 - OCTOBER 18**

**#13414 - NOVEMBER 1 - DECEMBER 6**

**5 WEEK SESSIONS - \$70-RESIDENTS, \$75-NON-RESIDENTS**

**VISIT US ONLINE AT [WWW.CITYOFWALNUT.ORG](http://WWW.CITYOFWALNUT.ORG) OR CALL  
WALNUT SENIOR CENTER AT (909) 598-6200**