



CITY OF WALNUT

WINTER 26



# 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**

**#136 - JANUARY 10 - FEBRUARY 07**

**#137 - FEBRUARY 21 - MARCH 28**

**5 WEEK SESSIONS - \$65-RESIDENTS, \$70-NON-RESIDENTS**

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