

YOGA & PILATES CLASSES

Classes are held at
Glenside Hall located at
185 S. Keswick
Avenue in Glenside,
PA 19038.

Registration is taken
at both Community
Centers Mondays
thru Fridays from
9:00 a.m. to 12:00
noon, 1:00 p.m. to
4:00 p.m. or 6:30 p.m.
to 8:30 p.m.

La Mott Community Center
7420 Sycamore Avenue
La Mott, PA 19027
215-635-3255

Rowland Comm. Center
400 Myrtle Avenue
Cheltenham, PA 19012
215-379-2233

Deadline to register:
April 27, 2017

Parent and Child Yoga

This 12 week co-ed class is for participants of all age levels. (Child not required to register.) Participants will enjoy participating in a unique cardiovascular conditioning program having fun with music, plus all the traditional benefits of Yoga: meditation, breathing techniques, peace, and deep relaxation. Yoga is stress management for kids! Wear comfortable clothing. Bring a mat, towel, and water bottle to each class.

Glenside Hall

Thursdays, beginning May 4
5:45 p.m. to 6:45 p.m.
Fee: \$50 for Parent & Child
Class limit: 20 Students



Pilates

This basic level class is for ages 16 and older and teaches the fundamental and beginner Pilates mat exercises, with a focus on posture alignment, core stability and breath control. This Pilates training develops an over all leaner look, increases muscular strength, improves flexibility and achieves graceful movement. Students will gain a deeper body awareness experience. No equipment is needed. Just bring a mat, water bottle, and dress comfortably.

Glenside Hall

Thursdays, beginning May 4
7:00 p.m. to 8:00 p.m.
Fee: \$50 per registrant
Class limit: 25 Students

