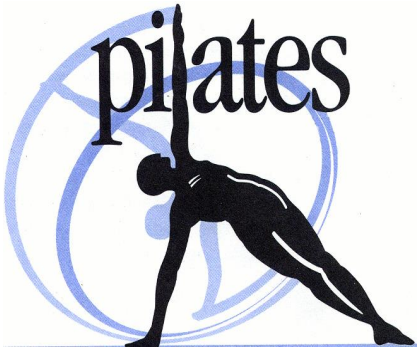
Pilates Mat Class

At the Port Jefferson Village Center
With Maria Wakefield



Program Description: Designed to strengthen and lengthen your muscles with a focus on the core. And if practiced with consistency, Pilates can improve flexibility, increase energy levels, build strength, lessen pain, and improve posture. This class will help you to achieve an overall sense of well-being, thus making it possible to do what you love more often and with a greater sense of ease.

Instructor's Background: Maria Wakefield's fitness career began over 21 years ago and has included many teaching certifications across several disciplines. She was certified in the IM=X Pilates technique and continued her education by attending workshops offered by BASI, Peak, Stott, and Balanced Body Pilates. Owning her own fitness studio for over 12 years now, Maria strives to create a class environment for all fitness levels where she offers modifications which allow everyone to participate from beginners to the advanced.

Dates: **Tuesdays: October 24, 31, November 7, 14, 21, 28th**

Time: 7:00 - 8:00 pm

Location: Village Center (101-A East Broadway, PJ, NY 11777)

Instructor: Maria Wakefield

Fee: $80- Resident / $90- Non Resident

Notes: Please bring your own mat.

Registration: PJ Rec Dept., 2nd Floor Village Center, 101-A East Broadway, 802-2160

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Program: Pilates – October 24th

Please make checks to: Inc. Village of Port Jeff

Last Name: _____ First Name: _____

Address: _____

Home Phone:_____ Cell Phone:_____

Email: _____

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