

# PILATES

*Pilates is Continuing at The  
Tyendinaga Fitness Resource Centre*

Pilates is a method of core conditioning which can help increase your Muscular strength, flexibility and endurance without building bulk or Stressing your joints. This class will cover mat work exercises that will leave you feeling  
Revitalized

**Wednesday - Sept.14 to Nov.30**

**6pm to 7pm**

**\$10.00 a night / 10 weeks**



The Fitness Instructor has 30 years experience with Pilates—  
Wendy Meraw / Note : first Monday of the month no class

**Limit to 15 Participants & Never Too Late To Join Us**

**(613) 962-2822** or email [tyfitnessres@mbq-tmt.org](mailto:tyfitnessres@mbq-tmt.org)

Any questions on Pilates , email [wmeraw45@gmail.com](mailto:wmeraw45@gmail.com)