

# SPRING INTO PILATES



Dates: April 16th - May 21st

Day: Wednesdays

Time: 6pm - 7pm

Cost: \$38 for Residents  
\$44 for Non-Residents

*Instructed by:  
Pia Alesci*

Targeted exercises, muscle strengthening, postural alignment improvement and core flexibility



**SIGN UP**  
[www.chparks.com](http://www.chparks.com)

*Cleveland Heights Community Center, 1 Monticello Blvd Cleveland Heights, Ohio 44118*