

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

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