



# PILATES BASICS

**Tuesdays at 9:30 am**  
**Aerobic Room "A"**

A new introductory class perfect for beginners and those wanting to try Pilates. Class will focus on the fundamental movements of Pilates

Starting in  
**APRIL!**

**THE**  
*Lifestyle*  
Center  
A Division of Kaweah Delta Health Care District  
[www.thelifestylecenter.org](http://www.thelifestylecenter.org)