

## **Pilates – In person classes**

Pilates is based on the principles of centering, control, fluid movement, breathing and precision. This full-body sculpt workout includes props (Stability balls, Pilates balls, bands, rings, light weights) as well as body weight to improve mobility, flexibility, posture, strength and balance. This class is for participants of all fitness levels. Nancy Ciardullo is your instructor. Nancy has over 15 years of Pilates experience. All participants are required to wear a mask when entering and leaving the RCC.

### **Morning classes**

Wednesday

Activity: 11116-5	12 classes
Dates: 9/23/20-12/16/20	Day: Wed
Time: 9:00 - 10:00am	Fee: \$168.00
Location: RCC Gym	No class: 11/25

### **Evening classes**

Wednesday

Activity: 11116-3	12 classes
Dates: 9/23/20-12/16/20	Day: Wed
Time: 7:00-8:00pm	Fee: \$168.00
Location: RCC Gym	No class: 11/25

Online registration is preferred at [www.townofreddingct.org](http://www.townofreddingct.org). Registration form and payment can also be mailed to P.O. Box 1071, Redding, CT 06875; faxed with credit card information to 203-938-1071, hand delivered to Green Community Center Drop Box outside of RCC. No phone registration please.