

Introducing..

# Preteen/Teen Pilates!

## **Benefits to Pilates for Teens:**

- Have fun with friends while improving fitness
- Core-strength development improves ability in other sports (tennis, volleyball, running and swimming)
- Improves sense of strength
- Overall increase in happiness and well-being

*(Parents can enjoy a work out at the same time)*

**Pilates for Teens now available  
Wednesday nights at 4 p.m.**



## **Have an idea of a class your youths may like?**

Let our Group Exercise Director, *Denise Russo*, know by leaving a note for her at the desk or sending her an email. ([denirus@sbcglobal.net](mailto:denirus@sbcglobal.net))