

# Pilates Bodies

## Non-Credit Course Offering

### Fall 2018

Course Number: HLTH 009

CRN Number: See Below

This multilevel course is a total body workout on a mat that develops core strength, muscle flexibility and muscle balance. Pilates is appropriate for most people with varying levels of fitness. Strength, stabilization, flexibility, range of motion, body alignment & balance are goals of this class. Class takes place in a gently lit studio room with soft music playing to assist with your concentration. Modifications will be taught and the workout intensity can be easily adjusted to accommodate all levels of fitness. Instructor: Mary Shelasky.

It is suggested that you bring a small towel to class.

14 Sessions

Tuesdays: 5:15 PM – 6:15 PM

Sept. 4<sup>th</sup>- Dec 11<sup>th</sup>

No Class 9/18/18

Non-credit Tuition:

Bartley Center Members: \$69\*

General Public

\$129

CRN#

35356

35354

(To register, complete registration form at [www.hcc.edu/bce](http://www.hcc.edu/bce), visit the Non-credit Registration Desk in the Kittredge Center, 2<sup>nd</sup> floor or call (413) 552-2500 to register via phone).

\*All David M. Bartley Center current members who register for this class will receive a Bartley Center Gift Certificate for \$30 good toward your next Bartley Center Membership Renewal. The certificate will be issued by the Bartley Center upon proof of registration and payment.

**Course Registration Deadline: Thursday, Aug. 30, 2018**

