



Join Us

Power Pilates mat class strengthens the both and mind. Increase mental clarity, gain flexibility, and tone muscles with this class.

Age: 18Y & Older **Times:** 8:15am-9:15am

Power Pilates

Code	Dates	Days	Fee*
213001-01	09/09-09/30	M	\$40
213001-02	10/07-10/28	M	\$40
213001-03	11/04-11/25	M	\$40

*Walk-in Fee: \$12

Location: Gary Morava Recreation Center



Prospect Heights Park District
 110 West Camp McDonald Road, Prospect Heights, IL 60070
 847.394.2848 • www.phparks.org




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