

PROSPECT HEIGHTS PARK DISTRICT
WWW.PHPARKS.ORG 847.394.2848



Mon 9/14/20-9/28/20 10:30am-11:30am

VIRTUAL PILATES

WITH DARLEEN CARL-BECK

Code 213001-01 \$30

Darleen Carl-Beck is Power Pilates certified instructor with over 25 years of teaching experience! Power Pilates mat class strengthens the both and mind. Increase mental clarity, gain flexibility, and tone muscles with this class.