

Spring Fitness!

JOIN A YOGA OR PILATES CLASS!



The Plainfield Recreation Department is offering Yoga and Pilates classes this spring to help keep you healthy and fit. The new session begins Monday April 9th and will run for 12 weeks. Pre-registration is required. Classes are taught by certified instructors Karla Desjardins and Suzy Graf.

NEW SESSION STARTS MONDAY APRIL 9th, 2012

MONDAY	YOGA w KARLA	6:00 – 7:00 PM
	INTRO to YOGA w Karla	7:05 – 8:05 PM
TUESDAY	YOGA w Suzy	9:30—10:30AM
THURSDAY	YOGA w SUZY	9:30 – 10:30 AM
	YOGA Tone w KARLA	6:00 – 7:00 PM
	YOGA w KARLA	7:05 – 8:05 PM
FRIDAY	YOGA w KARLA	6:00 – 7:00 PM
SATURDAY	YOGA w KARLA	7:30 – 8:30 AM

COST:

- \$60 FOR 1 CLASS PER WEEK FOR 12 WEEKS.
- \$80 FOR 2 CLASSES PER WEEK FOR 12 WEEKS.
- \$100 FOR 3 CLASSES PER WEEK FOR 12 WEEKS.
- \$110 FOR 4 CLASSES PER WEEK FOR 12 WEEKS.
- \$115 FOR 5 CLASSES PER WEEK FOR 12 WEEKS.
- \$120 FOR 6 CLASSES PER WEEK FOR 12 WEEKS.



SPACE IS LIMITED SO REGISTER EARLY!

PLEASE CONTACT THE RECREATION DEPARTMENT
AT 860-564-1819 TO REGISTER.

PRE-REGISTRATION IS REQUIRED

(Registration after April 9th may be allowed only if space is available).