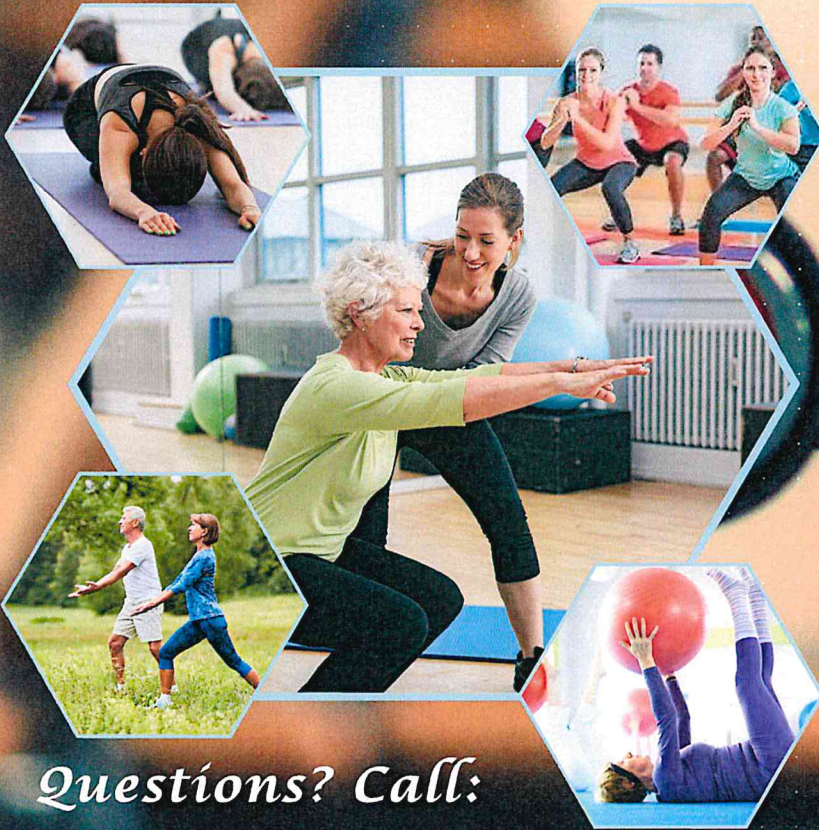




Big Bear Valley Recreation & Park District

Pilates

Please bring your own mat about 1/2" thick. Instructor may have mats to borrow or sell.



- Instructor: AFAA certified **Deborah Norris**
- Who: Ages 55 and up
- What: Pilates Mat Class
- When: Fridays 9:00-9:45am
- Where: Big Bear Valley Senior Center
42651 Big Bear Blvd. Big Bear Lake
- **\$6** (per class)
- Minimum participants: 6
- Call instructor for availability at
(805) 304-7766

Questions? Call:
(909) 866-9700



41220 Park Ave. Big Bear Lake

www.BigBearParks.com