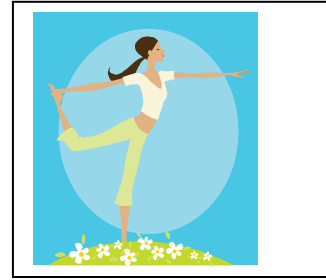


Pilates Body Toning

Get a head start on holiday pounds by joining a fun and energizing class to trim inches and tone muscle while working on strength, flexibility and balance through mat work and Thera-bands. All levels of experience welcome. Please bring own mat a limited supply is available. Space is limited so register early.



6 one hour classes are \$ 20 for the entire 6 week session.

Class A : Wednesdays at 6:15 pm - November 4, 11, and 18
December 2, 9, and 16

Class B : Fridays at 9:30 am - November 6, 13, and 20, December 4, 11,
and 18

All classes to be held at:

**Town of Clarence Youth Bureau
10510 Main Street
Clarence, New York 14031**

To Register stop at the Youth Bureau or call 407-2162 for more information.