



CLARENCE RECREATION FITNESS CLASSES

Body Toning Pilates: Mondays or Thursdays

Instructor: Jessica Abell

Time: 6:30 – 7:30 pm

Location: Clarence Youth Bureau

10510 Main St.

Clarence, New York 14031

Six Sessions: \$20

Monday: January 4th, 11th, and 25th
February 1st, 8th, and 15th

Thursday: January 7th, 14th, and 28th
February 4th, 11th, and 18th

Thera Bands will be provided, please bring own matt.

Mommy and Me Exercise Class

Are you trying to get into shape ? Is it difficult to find the time away from your little one to work out ?

Bring your baby with you ! Pilates based body toning class with your child in a stroller. Workout without leaving your baby and me area too.

Thera Band provided, please bring matt or towel and stroller.

Ages 6 weeks to 2 years old for toddlers.

Instructor: Jessica Abell

Time: 10:30 – 11:30 am

Location: Clarence Youth Bureau

10510 Main St.

Clarence, New York 14031

Six Sessions: \$20

Wednesday: January 6th, 13th, and 27th
February 3rd, 10th, and 17th

Register at 407-2162. Space is limited so call soon.