

Pemberton Township Recreation Department

Pilates Strength & Yoga Stretch

Instructor: Gayneta Holly

November-January



8-Week Session: November 29th – January 19th
Tuesdays: 6:30-7:30pm & Thursdays: 6:30-7:45pm
Pemberton Township Senior Center
Fee: \$55 (Residents will receive a \$10 discount)

Classes Consist Of:

Tuesday Night: Pilates Class

Tuesday night's class is a series of Pilates moves that will assist in the strength building of Thursday's Yoga class. You will develop a strong core by working on the deep inner abdominal muscles that will restructure the muscles close to the spine.

Thursday Night: Vinyasa & Hatha Yoga

Thursday night's class is done in a slightly warmer atmosphere. This practice stimulates the lymphatic system which is responsible for flushing out toxins and ridding your body of harmful substances. The warmth makes your body sweat, which promotes detoxification and elimination through the skin, the body's largest organ. Once the body is heated, back-bending is performed to restore your spine to its natural flexibility, limiting the chances of injury and helping to support the spine much better.

Mail-in form and online registration available at www.pemberton-twp.com/recreation.html
Registration accepted at the Recreation Department during normal business hours - After hours
Convenience Drop Box available. Registration also accepted 15 minutes prior to class.

Contact the Pemberton Township Recreation Department for More Information:
893-5034 / recreation@pemberton-twp.com