



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
February 23rd - March 29th
- Where: Big Bear Valley Senior Center
42651 Big Bear Blvd. Big Bear Lake
- Cost: **\$30** (6 classes total)
- Drop-in cost: **\$6** (per class)
- Minimum participants: 6
- Sign-up sheet available at Senior Center

Questions? Call:
(909) 866-9700



41220 Park Ave. Big Bear Lake

www.BigBearParks.com