



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ABSOLUTE BEGINNER PILATES WORKSHOP

**SATURDAY, March 7
1-3PM WITH STARR
@ THE ALBANY Y
921 KAINS AVE**



Cost | \$20

Interested in trying out Pilates? Not sure where to start? Get the basics in this two hour workshop. The foundations of breathing, movements and exercises will be covered. Modifications for injuries and other physical conditions will be addressed. Everyone is welcome! Preregistration is required.

Register at the Front Desk! If you have any questions contact Mary at mdelia@ymcaeastbay.org or (510) 848-6801