



CITY OF WALNUT

FALL 2024



MAT PILATES

IMPROVE CORE STRENGTH, FLEXIBILITY, MOBILITY, POSTURE AND MUSCLE TONE THROUGH THE CLASSICAL PILATES MAT METHOD. THIS CLASS IS DESIGNED TO WORK YOUR ARMS, LEGS, HIPS, GLUTES, ABS AND SPINE TO HELP YOU BUILD A STRONG AND BALANCED BODY WHILE IMPROVING POSTURE AND OVERALL PHYSICAL HEALTH.

SATURDAYS 11:00AM- 12:00PM

AT WALNUT SENIOR CENTER 21215 LA PUENTE RD.

#12680 - SEPTEMBER 28 - OCTOBER 19

#12681 - NOVEMBER 2 - NOVEMBER 23

FRIDAYS 10:00AM- 11:00AM

AT WALNUT GYM 21003 LA PUENTE RD.

#12682 - SEPTEMBER 27 - OCTOBER 18

#12683 - NOVEMBER 1 - NOVEMBER 22

4 WEEK SESSIONS - \$60-RESIDENTS, \$65-NON-RESIDENTS
VISIT US ONLINE AT WWW.CITYOFWALNUT.ORG OR CALL
WALNUT COMMUNITY SERVICES AT (909) 598-5605