



# Yoga/Pilates Adult Exercise Class

Improve your strength and flexibility in a fun and compassionate environment. If you've wanted to try Yoga and Pilates, this is the place! A great class for all fitness levels. All you need is a **yoga mat** and a smile.

**Tuesday & Thursday  
8:00PM to 9:00PM**

**\$115.00 once a week (12 classes)  
\$190.00 twice a week (24 classes)**

**January 3–March 26**

Drop-In-Rate of \$10.00 per class always welcome

**Warren Elem School - Activity Rec Room**  
900 Bosley Road, Cockeysville, MD 21030

(Use entrance on the right end of the building near the playground)

**Instructor: Shari Malowitz**

[sharimalowitz@yahoo.com](mailto:sharimalowitz@yahoo.com) & [www.facebook.com/yogashari](http://www.facebook.com/yogashari)

**NO preregistration necessary. Just come to class!**

Weather Cancellations: If schools are closed due to inclement weather all recreation programs are canceled. If there is a snow emergency plan in effect after school hours all recreation programs are canceled. Please listen to WBAL 1090 AM Weather line or visit [www.cockeysvillerecouncil.org](http://www.cockeysvillerecouncil.org). Therapeutic: Should you require special accommodations (i.e. sign language interpreter, large print, etc.) please give as much notice as possible by calling the Recreation Office at 410-887-7734 or the Therapeutic Office at 410-887-5370 (voice) or 410-887-5319 (TT/Deaf).

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RECREATION AND PARKS