



CRC

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**

**\$75.00 once a week, (12 classes)
\$135.00 twice a week (24 classes)**

January 9-March 27

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 & 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.cockeysvillereccouncil.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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DEPARTMENT OF
RECREATION AND PARKS