

# NEW! PILATES CLASS

## WITH MANDY ANSARI

- Floor pilates/pilates rings
- Wednesdays 12pm - 12:50pm
- Held in F.I.T.@PRC's main studio
- Max class size is 15 members
- First class on February 19th

## KEY BENEFITS

Pilates exercises aim to increase mind-body connection with strength and flexibility focused movements. Pilates also deepens muscle engagement to improve core strength, balance, and target specific muscle groups.



Please be sure to reserve your space in the class beforehand by logging into your account at [fitprc.com](http://fitprc.com) or via the MindBody app. Navigate to our online schedule and select your desired class.

**FOR MORE INFO VISIT**  
[fit@prc.com](mailto:fit@prc.com)

Located above the Gateway Cafe  
at 7677 Gateway Blvd., Newark CA