

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

# NEW! SMALL BATCH PILATES CLASS

WITH MANDY ANSARI

- Held in F.I.T.@PRC's *Zen Den*
- Max class size is 12 members
- Floor pilates/pilates rings
- Thursdays 12pm - 12:50pm

## 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.



FOR MORE INFO VISIT

[fit@prc.com](mailto:fit@prc.com)

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