



PRESS RELEASE

City of Los Alamitos
Contact: Recreation and Community Services
(562) 430 – 1073
Released TBD

Mat Pilates

Los Alamitos, CA – Looking to strengthen and lengthen your muscles? If so, come and join Mat Pilates by Garage Pilates. In this class, participants will perform exercises that are based on the original exercises Joseph Pilates developed to strengthen his entire body. Mat Pilates works to strengthen and lengthen muscles while focusing on core muscles in addition to training arms and legs. This class will occur over 9 weeks from April 3 to June 5. Classes will take place on Mondays from 6:45 p.m. – 7:45 p.m. at the Los Alamitos Community Center (10911 Oak St.). There will be no class on Monday, May 29. The resident price is \$256, and the non-resident price is \$261. The age requirements are 18 years and older.

For more information and to register, please visit www.cityoflosalamitos.org/recreation or contact the Recreation and Community Services Department at (562) 430 – 1073.

###

