

Free Mat Pilates Classes



Class led by:
Dalila Alvarado
Mat Pilates Instructor



Join us for **FREE** community Mat Pilates classes!

Strengthen your core, improve flexibility, balance, and posture with Mat Pilates. **All fitness levels welcome.**
Please bring your own mat.

Registration is highly recommended - walk-ins are also welcome. For more information, please contact the Health Promotion Department at **831-759-1890** or **HealthPromotion@SalinasValleyHealth.com**.

Tuesday, October 15
Tuesday, October 29
5:30-6:30pm

**Taylor Farms Family Health
& Wellness Center
Community Room**
850 5th Street
Gonzales, CA 93926



Scan the QR Code
for more information
and to register

SalinasValleyHealth.com



TAYLOR FARMS FAMILY
HEALTH & WELLNESS CENTER