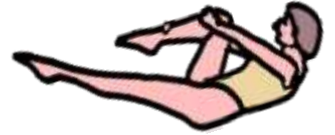


## FAIR LAWN RECREATION DEPARTMENT



# PILATES



## FALL SESSION

### THURSDAY NIGHT (2 Classes)

6:15 p.m. – 7:15 p.m. or 7:15 p.m. – 8:15 p.m.

**CLASS WILL BE HELD IN A QUIET CARPETED ROOM**

Registration is held at the Community Center located at 10-10 20<sup>th</sup> Street, Monday – Friday, 8:30 a.m. – 4:30 p.m. beginning **Wednesday, September 7**. Registration fee for ten (10) one-hour classes is \$75.00. Checks made payable to **Borough of Fair Lawn**. Classes will begin on **Thursday, September 22**.

**Class space is LIMITED: “First come, First serve”**  
*(Minimum 5 participants per class needed to begin session. Due to Covid protocols a maximum 10 participants per class only permitted.)*

Online Registration option is available for Fair Lawn residents through Community Pass. Visit <https://register.communitypass.net/fairlawnborough> to create your account. You will receive an email that contains your login information. Be sure to keep this email in a safe place so that you can continue to enjoy the convenience of the online registration option. Once you register and make payment for a class, there is a 72 hour waiting period for your information to be processed.

This class will combine yoga poses and classical Pilates mat exercises that strengthen the deep muscles of the abdomen and spine (the “core”), improve posture, increase flexibility, tones the hips and thighs, flatten the abs and develop better balance. This is a mixed level class; beginners to expert practitioners are welcome.

### **Fall Session Dates:**

September 22, 29

October 6, 13 (Off 10/20, 10/27)

November 3, 10, 17 (Off 11/24)

December 1, 8, 15 (Last Class)

Our certified Yoga and Pilates Instructor Anna Khazan (Registered with Yoga Alliance) has been practicing Yoga and Pilates for more than 20 years and has been teaching for 19 years. Anna teaches both group and private classes in various Yoga studios and Health clubs throughout Northern Bergen County. Her instruction emphasizes proper alignment for safety and provides clear guidance for the physical aspect of the practice.

#### **WHAT YOU SHOULD BRING:**

Your own body  
Your own mat  
Large beach towel or yoga blanket

#### **WHAT YOU SHOULD KNOW:**

Wear loose comfortable clothes  
We practice bare feet  
We provide Pilates rings and band

**\*\*We recommend you do NOT eat a heavy meal two hours prior to class\*\***  
For further information, please call the Fair Lawn Recreation Department at  
(201) 796-6746, Monday – Friday 8:30 a.m. to 4:30 p.m.