



# AT THE **TTCC**

## **What is pilates?**

- Fun and effective full-body workout
- Strengthens, stretches, and tones muscles
- Improves balance, agility, and body control
- Gentle on joints and supports bone health
- Exercises are easily modified
- All fitness levels welcome

## **STARTING 1/6/26**

### **INSTRUCTED BY SUE DEBASSIO**

**TIME: 5:00-5:45PM**

**COST: \$15/CLASS (CASH ONLY!)**

**Drop in anytime!**

**Contact us!**

**[info@ttccrec.org](mailto:info@ttccrec.org)/603-744-2713**

