

Fall 2016 Yogalates



Town of Carmel Recreation and Parks Department



Yummy as it sounds..... a blending of Pilates and Yoga! Enjoy a gentle exercise class for total body muscle tone, strength, and flexibility, while creating balance and inner peace. It is recommended that participants bring their own yoga mat or towel to class.

Classes taught by Christine Hamilton.

DAY: Mondays

DATES: Oct. 3rd, ~~10th~~, 17th, 24th, ~~31st~~, Nov. 7th, 14th, 21st, 28th, Dec. 5th

TIME: 7:30 p.m. — 8:30 p.m.

AGE: 12 and up

FEE: \$80.00 with Resident ID Cards

\$115.00 Non-Residents

PLACE: Sycamore Park– Main Building
790 Long Pond Road , Mahopac NY

NEW THIS FALL ONLINE REGISTRATION

Class Registration begins Monday, August 15th, 2016 at 9:00 am

<https://register.communitypass.net/CarmelTownof>

For more information please visit our Website / Facebook @Carmelrecreation

Or give us a call at the Recreation Office (845) 628-7888