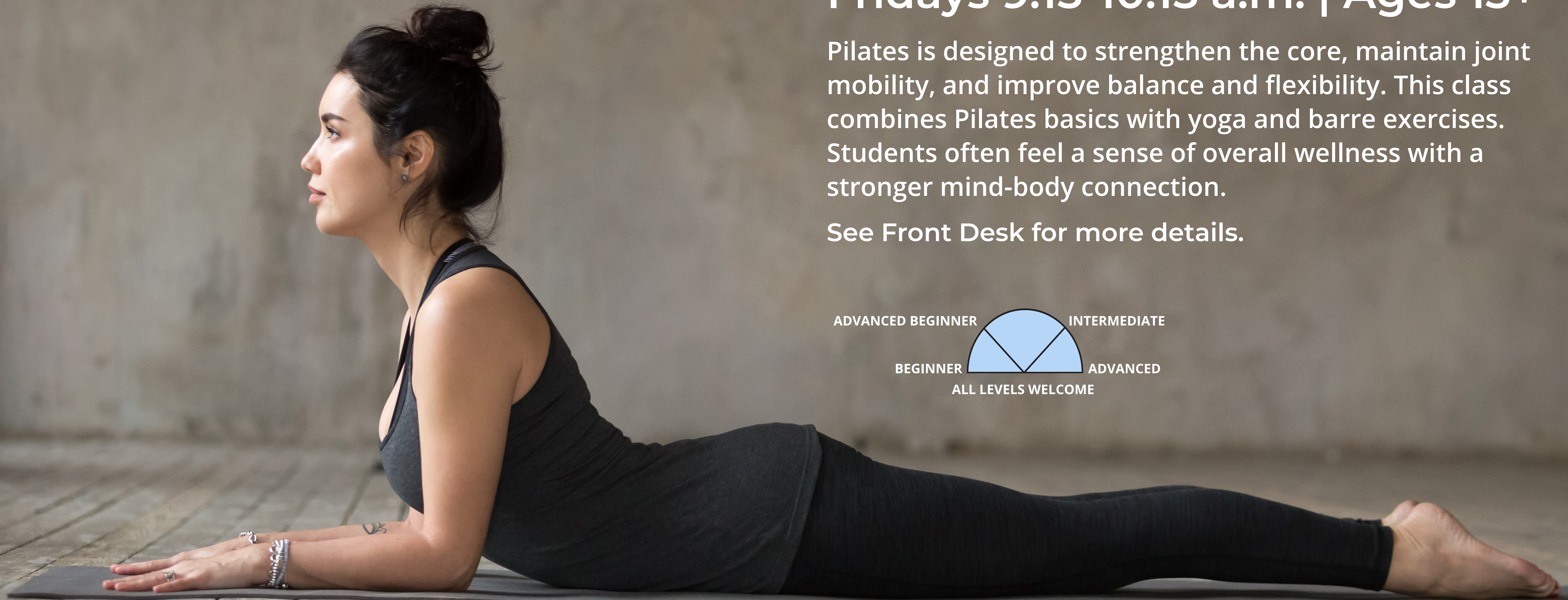
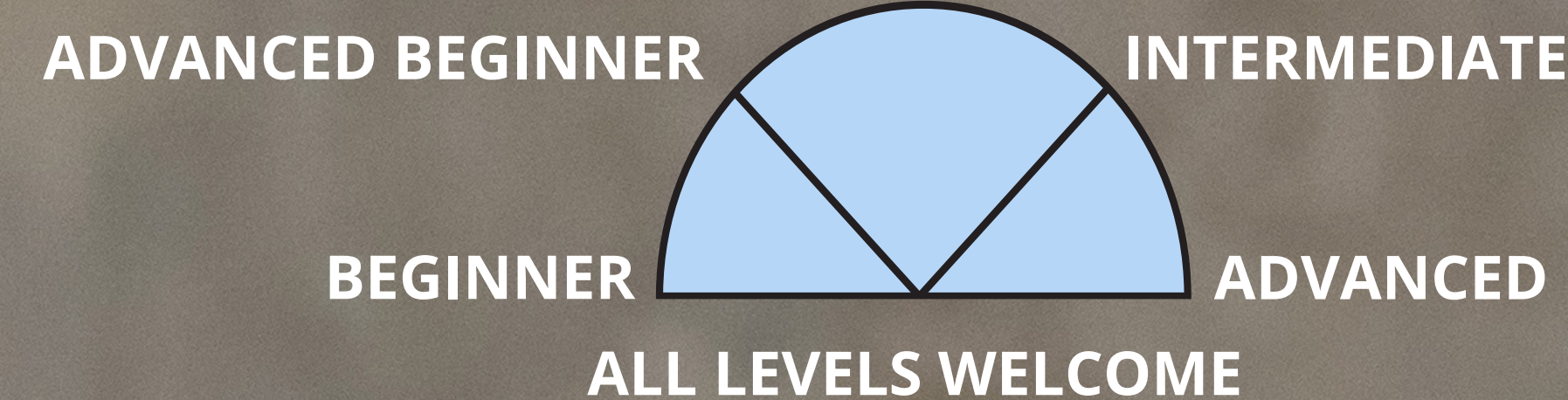


# Pilates

**Fridays 9:15-10:15 a.m. | Ages 13+**

Pilates is designed to strengthen the core, maintain joint mobility, and improve balance and flexibility. This class combines Pilates basics with yoga and barre exercises. Students often feel a sense of overall wellness with a stronger mind-body connection.

See Front Desk for more details.



For alternate formats, interpreters, or reasonable accommodation requests please phone at least 48 hours in advance 425-452-4240 (voice) or email [acalderon@bellevuewa.gov](mailto:acalderon@bellevuewa.gov). For complaints regarding accommodations, contact City of Bellevue ADA/Title VI Administrator at 425-452-6168 (voice) or email [ADATitleVI@bellevuewa.gov](mailto:ADATitleVI@bellevuewa.gov). If you are deaf or hard of hearing dial 711. All meetings are wheelchair accessible.