

# FITNESS CLASSES

## at the SOUTH ORANGE-MAPLEWOOD ADULT SCHOOL

### PILATES USING MAGIC CIRCLE, BALLS, DYNABANDS

Course 1027. Fee: \$62. Four Tuesdays, June 18-July 9, 7-8pm.

*Classes will meet at instructor's studio in Short Hills. Directions will be provided.*

This Pilates class is for all ages and fitness levels. Many of the exercises will use bands and balls, which simulate the exercises executed on a reformer.

### INSTRUCTIONAL SWIMMING

Course: 1031. Fee: \$80. Six Tuesdays and four Thursdays,  
June 18-July 23 (skip July 4), 8-9pm

*Hart Complex of the John L. Costley School, 116 Hamilton Street, East Orange*

For beginners who want to learn and swimmers who want to improve techniques. For ages 17 & up.

### WATER AEROBICS

Course: 1032. Fee: \$50. Six Tuesdays and four Thursdays,  
June 18-July 23 (skip July 4), 7-8pm

*Hart Complex of the John L. Costley School, 116 Hamilton Street, East Orange*

This class is appropriate for all fitness levels. Swimming experience is not necessary but students should be able to get in and out of the pool with ease.



TO REGISTER CALL (973) 378-7620 OR VISIT [WWW.SOMADULTSCHOOL.ORG](http://WWW.SOMADULTSCHOOL.ORG)

Summer 2013

**THE**  
SOUTH ORANGE-MAPLEWOOD  
**ADULT SCHOOL**