



Pilates & Yoga Fitness Class

From Beginners to Experienced

This course will:

- Help Burn Excess Fat
- Lengthen Your Muscles
- Tone Your Muscles
- Increase Your Flexibility

**GET TOTAL-BODY DEFINITION WITH THE BEST
OF YOGA AND PILATES**

YOGA MAT REQUIRED

Register at the Continuing Education Building
located on the BRTC Pocahontas campus, College Drive,
between the hours of 8:00 a.m. and 3:30 p.m.

For additional information or alternate registration:
Call 870-248-4180, e-mail cally.shore@blackrivertech.edu,
or visit our website at www.blackrivertech.edu/community/cce
and click on Pocahontas Campus.

**Corporate &
Community
Education**

Date:

Tuesdays

Jan. 29 - March 5

Time:

6:00 - 7:00 p.m.

Cost:

\$45.00

Registration

Deadline:

**Thursday,
January 24**

