



## **Pilates & Yoga Fitness Class**

**From Beginners to Experienced**

**Instructed by: Agneta Sibrava**

**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**

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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](mailto:cally.shore@blackrivertech.edu),  
or visit our website at [www.blackrivertech.edu/community/ccce](http://www.blackrivertech.edu/community/ccce)  
and click on Pocahontas Campus.

**Corporate &  
Community  
Education**

**Date:**

**Tuesdays**

**Sept. 3 - Oct. 8**

**Time:**

**6:00 - 7:00 p.m.**

**Cost:**

**\$45.00**

**Registration**

**Deadline:**

**Thursday,  
August 29**

