

# BEACH PILATES AT WEST ISLIP BEACH

**Beach Street, West Islip NY 11795**

**Instructor: Paula Luzzi**

This Pilates class will include a combination of strengthening and toning exercises with a focus on your core. Pilates improves flexibility, coordination, builds strength and develops control and endurance in the entire body. Modifications and variations can be offered to meet the needs of all participants. **All levels welcome.**

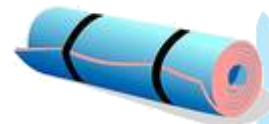
**Activity #:** 103000D

**Date:** July 8 - August 26

**Day:** Mondays

**Time:** 7:00 am - 8:00 am

**Fee:** \$75 for residents  
\$100 for non-residents



*Please bring a yoga mat and beach towel.*

Send Completed registration form along with your method of payment to:

Town of Islip - Sports Office

50 Irish Lane, East Islip, NY 11730

We accept Visa/Mastercard and Checks payable to: Town of Islip

Registration forms can be downloaded from [www.islipny.gov](http://www.islipny.gov)

For more information, please call the Town of Islip Sports Office at (631) 224-5404

**Angie M. Carpenter, Supervisor**

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