



PILATES - Winter 2026

With Marisa Duffy, certified instructor

Pilates is a form of exercise that is meant to strengthen the “core”. This includes muscles of the entire torso. It is also a body conditioning routine that helps build flexibility and long, lean muscles, strength and endurance in the legs, abdominals, arms, hips, and back. Pilates' flexible system allows for different exercises to be modified in range of difficulty from beginning to advanced levels. It enhances core strength and brings increased reach, flexibility, sure-footedness and agility.

FOR: Adults who reside in the Village of Briarcliff Manor (VBRM) and Briarcliff Manor School District (BMSD). Non-residents (NONR) are also welcome to join!

DATES & **Fridays** (10 weeks): January 9th – March 27th (no class on February 20th and March 13th)

TIMES: From **10:30 a.m. to 11:30 a.m.**

LOCATION: Youth Center Lower Level, 1 Library Road, Briarcliff Manor

FEE: \$200.00 - Village residents (VBRM) and \$210.00 – Non-resident (BMSD/NONR)

NOTES: Please bring a mat, water bottle, and wear comfortable clothing. Minimum 6 to run.

REGISTRATION: Registration begins **Wednesday, December 10th at 9am**. Registration may be done online from any device, in person (at the Recreation Office, 3 Library Rd) or by using the drop box outside the WJV Community Center, 3 Library Road. Registration is no longer accepted over the phone. Space for all programs is limited and will be handled on a first come first served basis. In person and online registration will occur simultaneously. The drop box will be processed with the days mail.

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