



HARRISONVILLE
Parks & Recreation



MAT PILATES

MONDAY/WEDNESDAY/FRIDAY | 7:00-8:00AM

FREE TO MEMBERS / \$6 DAY PASS NON-MEMBERS

*STRENGTHENING AND LENGTHENING FORM OF
EXERCISE THAT FOCUSES ON YOUR CORE MUSCLES
WHILE ALSO STRENGTHENING YOUR ARMS AND LEGS.*

INSTRUCTOR: MACKENZIE HEENEY

816.380.8980 | www.HarrisonvilleParks.com