

# POP PILATES



## **POP Pilates @ the Caribou Public Library**

Join instructor Ashley for 45 minutes of fun!

Pilates is a low impact workout combined with great music & lots of laughter!

No experience necessary. Beginner to advanced - all moves can be modified.

**Saturdays, March 9th, 16th, 23rd & 30th  
9-10am, downstairs @ CPL**

First class FREE then \$8/class or buy a 10-class card for \$58



### **Caribou Public Library**

30 High St.

Caribou, Maine 04736 | (207) 493-4214

[www.cariboupubliclibrary.org](http://www.cariboupubliclibrary.org)