

MALIBU SENIOR CENTER

# GENTLE MAT

# PILATES

AUGUST 18 & 25  
SEPTEMBER 1 - 29

THURSDAYS, 11AM - 12PM

MALIBU BLUFFS PARK - MICHAEL LANDON  
CENTER

\$5 PER CLASS

RELAX, REFRESH, AND BUILD  
CORE STRENGTH. PLEASE BRING A  
YOGA MAT AND WEAR  
COMFORTABLE CLOTHES.



MONTHLY PRE-REGISTRATION RECOMMENDED.  
CONTACT [MALIBUSENIORCENTER@MALIBUCITY.ORG](mailto:MALIBUSENIORCENTER@MALIBUCITY.ORG) OR  
310.456.2489 EXT. 357 WITH ANY QUESTIONS.  
[MALIBUCITY.ORG/SENIORCENTER](http://MALIBUCITY.ORG/SENIORCENTER)