

PILATES FOR BEGINNERS



What is Pilates for Beginners?

Basic Pilates will start as an introduction to Classic Pilates. We will focus on learning the classic moves as well as targeting the abs and strengthening and stretching the lower back. You will strengthen your core muscles, and improve overall health and well being as well as improve your posture. And yes, you can lose weight and your will tone your overall body!

This class is for anyone, any age, and great for those who have physical issues such as low back pain. Bring your mat and work at your own level as different options are offered during this class.

<i>WHEN</i>	<i>TIME</i>	<i>INSTRUCTOR</i>
Saturday's	10:30am	Trish Kelly



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