

Pilates Classes

(Teen Students and Adults)

Pilates is a mind-body exercise method. Initially embraced by professional dancers in the early 20th century for its ability to prevent injuries and increase flexibility. It targets the abdomen, lower back, hips, and glutes to improve posture, balance, and core stability without causing joint pain.



Tuesday - 6:30-7:15

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Thursday 6:30-7:15

Classes Begin October 6th