

NEW

Pilates

@Buckhorn Community Centre

Tuesdays @ 10am

(7 classes)

September 12 - October 24

"Pilates" is a unique exercise system that balances the body, builds strength and improves posture and alignment. It is a total body workout. Exercises focus on stabilizing muscles to protect the joints and to increase body awareness. This Pilates class will focus on building full core strength (abdomen and back) as well as tone the arms and legs. Barre inspired exercises will be added to the mix. Bring a yoga mat, towel (to cushion the knees), water, an 8" inflatable Pilates ball, a therapy band and a loop therapy band. Weights, stretchy bands and large balls can be borrowed at the BCC.

Buy the series of 7 classes

\$70 (\$10 a class) / drop-in for \$12

Please note that purchased classes cannot be carried over into the next session

Register: Michelle Doyle -

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