

Ready to get PHIIT??

Try Pilates High Intensity Interval Training Class!!

This mat class improves your strength and physical endurance by combining the principles of Pilates with full body conditioning.

PHIIT Mat Class is done on the mat using different props, such as resistance bands, kettlebells, and foam rollers.

When? Mondays, starting April 23
4:30 – 5:20 PM or 5:30 – 6:20 PM

Where? Core and More Pilates Studio
2141 Boston Road, Wilbraham

How long? Five weeks:
4/23, 4/30, 5/7, 5/14, 5/21

How much? Special discount for SVRHT!
Only \$55 for 5 weeks! Please bring cash or check to first class. Attend all 5 weeks and receive a \$10 gift certificate (choice of vendors)!

All new participants will receive an insulated lunch bag for participating!

Instructor? Arice Staeb Mackintosh
Pilates Instructor, Occupational Therapist

Core muscles support and move the spine and extend beyond the abdominal muscles. Core strength is essential for every movement in the human body.

This class is open to all benefitted and benefit-eligible municipal employees, retirees, and benefit-eligible family members in East Longmeadow, Hampden, HWRSD, Longmeadow, LPVEC and Wilbraham. Other employees, family members and friends are also invited to participate, however will not be eligible for gift certificate.

Pilates is a series of exercises that emphasizes spine health, balance, coordination and core strength.



PHIIT is a great class to add to your existing fitness routine, or it can be done in preparation for an upcoming sport season.

Contact Lyn to register
Lyn@scantichealth.org
413-896-9080

Go to
www.coreandmore.net
for more information

