

Pilates Mat Class

This is a group class that offers much individual attention, as there are up to 12 participants. It takes place on the floor with a mat using some small equipment (resistance bands, circles, fitness balls and light weights). The focus is on **core strength and stability with some arm and leg work.**

Pilates focuses on **improving posture** through **strengthening the body with correct body alignment** while performing a sequence of exercises.

Pilates teaches the body how to use “**the core**”—the abdominals, shoulder girdle, hips and back to support the body and help prevent injury.

When? Wednesdays, April 25 – May 30
3:45 – 4:30 PM OR
Thursdays, April 26 – May 31
3:45 – 4:30 PM

Where? The Pilates Center of Western MA
167 Dwight Road, Suite 105 Longmeadow

How much? \$65 for 6 weeks (discount for SVRHT). Those who attend at least 5 sessions get a \$10 gift card! New registrations will also receive an insulated lunch bag! Payment goes to Janet at first class.

Instructor? Janet Burke-Allen
Pilates Instructor, Physical Therapist

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

Modifications to increase or decrease the challenge.

Teach your body to work efficiently and effectively!

Your body will feel challenged, lengthened and refreshed! And you may get rid of that nagging back ache in the process...



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

Go to
Pilatescenterofwmass.com
For more information



Scantic Valley Regional Health Trust