

Ever want to try a Pilates mat class???

Now is the time!

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, starting October 4
from 3:30 – 4:30 PM

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

How long? Six weeks

How much? Special discount for SVRHT!
Only \$65 for 6 weeks! Attend all 6 weeks and receive a \$10 gift certificate (choice of vendors)!

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 invited to participate, however will not be eligible for gift certificate.

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
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413-896-9080

Go to
Pilatescenterofwmass.com
For more information



Scantic Valley Regional Health Trust