

Ever want to try a Pilates mat class???

Now is the time!!!

Mixed-Level Mat Class

This mat class welcomes all levels of exercisers. This class frequently uses props such as fitness balls, bands, circles, and rollers to enhance exercise benefits. It is developed to provide well-rounded exercises that include core recruitment, arm and leg work, stretching, balance, and coordination.

When? Mondays, starting October 2
from 4:00 – 4:50 PM

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

How long? Five weeks; options for Columbus Day include a 9:00 a.m. class on October 9 or a make-up class another time that week.

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)!

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.

Both beginner and more experienced clients will leave feeling confident and challenged!



Contact Lyn to register
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413-896-9080

Go to
www.coreandmore.net
for more information

