

PILATES

New to Pilates? You're not alone! Pilates is one of the fastest growing forms of exercise in the world. Developed from the rehabilitation techniques of Joseph Pilates, Pilates is a safe, sensible exercise system using a floor mat or equipment, that will help you look and feel your very best. Pilates improves core strength, flexibility, agility and motion. It can even help alleviate back pain and other chronic ailments.

Monday/Wednesday

9:00 - 10:00 am

Instructor: Sherry Creech

Aerobics Room

Yoga

Learn to calm your body & mind, reduce stress and pain in your life, and improve your strength, flexibility, and overall physical fitness through yoga! Classes includes asana (physical postures), pranayama (breath work), svadhyaya (self study & awareness, and dharana meditation & relaxation).

Tuesday/Fridays

7:00 - 8:00 pm

Wednesdays

10:00 - 11:00am

