

# Mat Pilates for Beginners

Where:



*Helping Seniors Navigate Their Future*

6200 Gulf of Mexico Drive, 2<sup>nd</sup> Floor  
(@ Longboat Island Chapel) Longboat Key

When: Thursdays, 10am – 10:45am

Pilates is a wonderful form of exercise, with modifications to enable people of different fitness levels to enjoy, and benefit from, the class. Pilates is a series of exercises to improve posture, strengthen the core muscles of the pelvis, abdomen and back to improve balance, trunk strength and flexibility.

Get Fit \* Feel Good \* Have Fun!



Work on your core strength and endurance with a series of slow, controlled movements and stretches designed to strengthen muscles and increase balance and flexibility.

**Please bring a yoga or pilates mat with you!**

**Fee is \$10 per class**

To RSVP, contact Mary Ann Brady at Aging in Paradise Resource Center  
Phone: 941-383-6493 Email: [maryannbrady@aginginparadise.org](mailto:maryannbrady@aginginparadise.org) or go to  
[www.aginginparadise.org](http://www.aginginparadise.org) #59-1114318