



Pilates



Pilates is an exercise program that was developed in the early 20th century by Joseph Pilates with the goal of injury prevention and strengthening the body. In this chair-based Pilates class, we'll use both seated and supported standing positions to improve muscular toning, core strength, and balance. Pilates uses specific exercises that are simple yet precise and focus on proper postural alignment and breathwork.



Fridays August 2nd, 9th, and 16th at 9am
at the Holland Street Center.

For more information and to register contact
Michelle at 617-625-6600 x2315