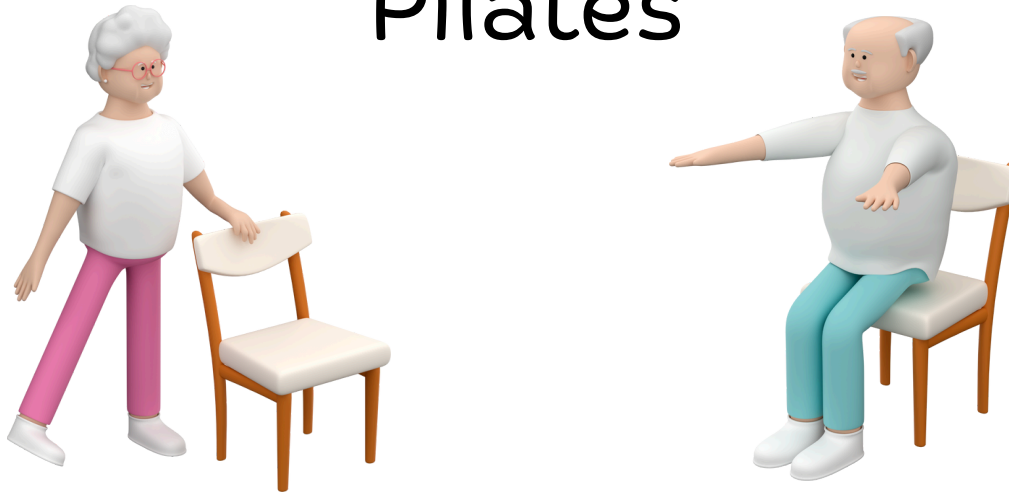




Pilates



Pilates is an exercise program developed in the early 20th century by Joseph Pilates with the goal of injury prevention and strengthening the body. In this chair-based class, we'll use both seated and supported standing positions to improve muscular tone, core strength, and balance. Pilates uses exercises that are simple yet precise and focus on postural alignment. The body connects with the breath for a mind-body experience that reduces stress and builds calmness.

Four week program on Friday,
October 24th, 31st, November 7th and 21st
at 9:00am at the Holland Street Center.
No class on November 14th

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



Persons with disabilities who need ADA accommodations to access this program, please contact Adrienne Pomeroy in advance at 617-625-6600 x 2059 or apomeroy@somervillema.gov.

The City of Somerville can provide you with an interpreter in your language for free.

To request an interpreter, please contact us at languageaccess@somervillema.gov or call 311 (617-666-3311) at least 7 days in advance of this event.