



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**IMPROVE POSTURE
INCREASE BALANCE
ENERGIZE**

Pilates Reformer for Seniors

Why Pilates?

Pilates helps develop lean, toned muscles, as well as strength and flexibility. Focusing on the core of the body creates abdominal strength, improved posture and better balance. As with all physical fitness regimes, the Pilates Method reduces stress, but because the movements are highly controlled and specific and are performed in small

Sign Up Now! Only 5 Spaces per class!



TUESDAYS 9:15 AM - 9:45 AM

FRIDAYS 10:00 AM - 10:30 AM

4 Sessions \$28

Session begins Aug. 24

Reduce stiffness and pain from arthritis, bursitis and sciatica!

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