

PILATES FOR SENIORS

at the Cheshire Community Center

"Physical fitness is the first requisite of happiness" - Joseph Pilates

For more than 75 years, people all over the world have been practicing Pilates - a fitness routine that engages the mind, body and spirit to promote vitality and enhance the quality of life. Improve your posture and develop the muscles that extend, bend and twist the spine without pain. Mobilize stiff hips and shoulders while improving stability and balance. This class is intended for anyone who can exercise seated or standing.



Eight Week Series
on Tuesdays & Thursdays
From 12/04/2018 - 1/24/2019

What: Gentle Pilates Chair Class
Where: Cheshire Community Center
119 School Street
Cheshire, MA 01225

When: Tuesdays & Thursdays
9:00 - 9:50 am
Cost: \$5 donation per class

Gentle Pilates Chair Class was designed and is taught by Jennifer Gadbois, PMA certified Pilates teacher and founder of the CSSC Pilates For Seniors Program. Feel free to contact her with questions or concerns at 760-492-1960 or visit her website: <http://www.pilatesofcheshire.com>

No Classes on Christmas Day 12/25/2018 or New Years Day 1/01/2019