

# PILATES MAT CLASS

## at the Cheshire Community Center

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. Strengthen your core and develop the muscles that extend, bend and twist the spine without pain. Liberate stiff hips and shoulders while improving stability and balance. Appropriate for those able to get up & down from the floor without assistance. Bring your own mat.



“Physical fitness is the first  
requisite of happiness” -  
Joseph Pilates



**WHAT:** Gentle Pilates Mat Class

**WHERE:** Cheshire Community Center

119 School Street, Cheshire, MA 01225

contact Jennifer Gadbois (760) 492-1690 for information

**WHEN:** Fridays from 5:00 - 6:00pm

November 30th through January 25th (no class 12/14/2018)

**COST:** \$10 donation per class