



ADULT FITNESS: PILATES

Pilates mat is a challenging yet safe method to sculpt your body and increase agility in your everyday movements. Some benefits include: increased core strength, enhanced flexibility and balance, reduced pain and stiffness, improved posture and alignment, as well as increased motivation and confidence. Each class will include a warm up with alignment and breathing exercises, then shift to strength and flexibility and finish with relaxation and restorative moves. Participants are asked to bring a mat, towel and water bottle. COVID-19 guidelines, including the use of hand sanitizer, social distancing of mats and restricted access to restrooms & water fountains will be followed. Additionally, if the Wisconsin Mask Mandate is extended participants will be required to wear a mask while inside. **Instructor:** Jennifer Nolte: Certified Pilates & Personal Trainer, Wellness Coach

Dates: Sept. 28, Oct. 5, 12, 19, 26, Nov. 2, 9, & 16 (Mondays)

Fee: \$36 for all 8 classes

Times: 6:00-6:45pm

Location: WS Library Meeting Room

Ages 18+

Registration Limits: 6 minimum / 11 maximum participants

REGISTRATION DEADLINE Friday, September 25!

Interested in registering or have questions?

Please contact instructor Jennifer Nolte at nolteja@gmail.com
or additional information!