Pilates
The Pilates method of conditioning strives to obtain a high degree of core strength, full body control, spine flexibility and improved alignment. You don’t have to be an athlete or dancer to benefit from the increased body awareness and strength found through the practice of Pilates. Equipment is provided but you can bring your own mat if you wish.

Pilates I & II
For those whose skills go beyond those taught in the basic Pilates, this course further develops core strength, posture and flexibility with a new series of more challenging exercises. Participants must have previous experience in Pilates. Equipment is provided but you can bring your own mat if you wish.