

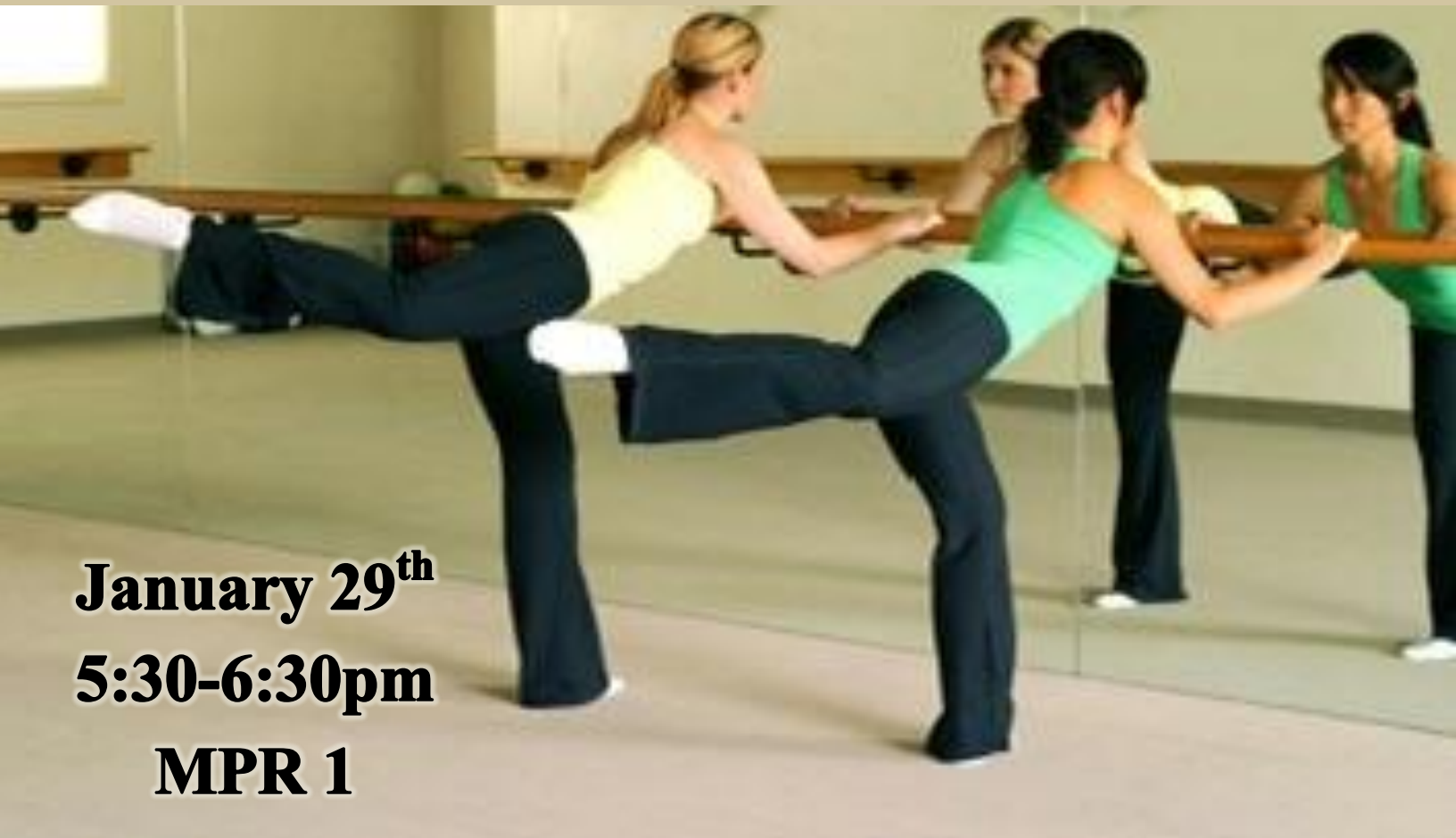
Pilates on the Barre

(pronounced pul-LAH-teez) The integration of traditional ballet barre exercises into the classic Pilates repertoire. This series of exercises both at the barre and on the mat focus on improving muscle strength, posture, flexibility and balance. *"The mind, when housed within a healthful body, possesses a glorious sense of power."*

– Joseph Pilates.

FREE!

Instructor: Danielle



January 29th

5:30-6:30pm

MPR 1