



# PILATES

WITH DARLENE MORRISON



***Pilates exercise method is great for developing strength, flexibility and coordination. The primary conditioning focus of Pilate exercise is on the deep core muscles including the muscles that stabilize the pelvis, spine and trunk. It improves posture, balance and body awareness while decreasing back, neck and joint pain. Feel more powerful...breath more deeply. Come have fun practicing Pilates!***

**Tuesday and Thursday  
4:30 pm**

