

Pilates With Christi



Sign up now!!

Pilates is a physical fitness system developed in the early 20th century by Joseph Pilates. Pilates called his method "Contrology." It is practiced worldwide, especially in western countries. The exercises are a series of movements that will stabilize and strengthen your core. You'll get stronger, more sculpted muscles and gain flexibility. You may also have better posture and a better sense of well-being.

So have your yoga mat, ball and light weights and have fun!

BEGINNERS ARE WELCOME!

When: Thursdays

Time: 12:00PM – 1PM

Location: Senior Center

Registration is required. No charge. No prior Pilates experience necessary!

To receive an invitation email, meeting login credentials and any further instructions; please email your registration request: elangeveld@co.hunterdon.nj.us or call (908) 284-6128.

Open to Hunterdon County residents age 60 and over who are enrolled members of the Senior Center.

**Sponsored by the Hunterdon County Division of Senior, Disabilities & Veterans Services
- Senior Fitness Programs**