

# Pilates

Join certified Pilates instructor Sofia Pialis for this challenging core-specific class!

Both Mat Pilates *and* Vertical (standing) Pilates will be incorporated into this class. Not only does Vertical Pilates strengthen the core, but it also improves balance and coordination while sculpting the arms & legs!

**7 week summer** session - Non-members and beginners welcome!

***When?*** 4:45pm – 5:45pm Thursdays, beginning June 17/10

***Where?*** Oakland Fitness Centre, #19 Allstate Pkwy, Ground Floor

***Cost?*** \$37.50/members \$48.50/non-members (cost increase due to HST)

Please call Nancy to sign up - 905-415-2579 – or email at [oakland@healthsystemsgroup.com](mailto:oakland@healthsystemsgroup.com)

***Space is limited!*** (10 participants required to run this program)

