



Pilates Classes

These classes are designed to:

- * Improve core strength and stability*
- * Develop longer, leaner muscles*
- * Improve posture & mind-body awareness*
- * Address skating-specific flexibility needs*
- * Enhance athletic performance*
- * Assist in the prevention of injuries*

The aim of Pilates is optimal musculoskeletal performance – strength, flexibility and endurance – without risking injury or building bulk. The main focus being on core stability, postural alignment and breathing.

Sessions: Mondays 4:15 - 5:00pm

Beginning Monday February 6th to Monday April 17th (10 classes) – Cost: \$100

***Please sign-up with Carmen in the RTC office
or call 905 884-1361 ext. 0***