

PILATES WITH DENNIS



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. Pull out your gym mat and get ready to do a series of movements that will stabilize and strengthen your core. The exercises are usually done in a specific order, one right after another.

The movements have names like "The 100," "Criss-Cross," the "Elephant," and the "Swan." The moves may look simple, but they take a lot of precision and control. It's not like doing a bunch of crunches; there's a strong emphasis on technique. You'll get stronger, more sculpted muscles and gain flexibility. You may also have better posture and a better sense of well-being.

Winter 2017

Location: Senior Center, Flemington

Day/Time: Tuesdays, 9:00 am Begins Jan 3rd

Must sign a waiver and purchase a punch card.

(\$) Fee Based

SIGN UP NOW! Space is limited!

Registration is required.

Call (908) 284-6128 for more information



Open to Hunterdon County residents age 60 and over.
Sponsored by the Hunterdon County

