

Pilates



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

BEGINNERS ARE WELCOME!

Day/Time: **Thursdays** – 12:00 Noon

Location: Senior Center Auditorium

Registration is required. You must sign a waiver.

No charge.

No experience necessary!

To Register: Email elangeveld@co.hunterdon.nj.us or call (908) 284-6128.

**Open to Hunterdon County residents aged 60 and over who are enrolled members of the Senior Center.
Sponsored by the Hunterdon County Division of Senior, Disabilities & Veterans Services
Senior Health & Fitness Program.**