

# Pilates With Christi



## **PILATES IS MOVING ON SITE TO THE SENIOR CENTER AUDITORIUM**

**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.

When:           Thursdays – Beginning September 9, 2021

Time:           11:45am – 12:45pm

Date:           To be determined

Location:      Senior Center Auditorium

Registration is required. No charge. No prior Pilates experience necessary, beginners are welcome! Must be familiar with zoom technology. So have your yoga mat, ball and light weights and have fun!

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

**Open to Hunterdon County residents age 60 and over. Sponsored by the Hunterdon County Division of Senior, Disabilities & Veterans Services -Senior Health & Fitness Program.**

