EXERCISE FOR BUILDING BONES

Better Bones and Balance
Learn Pilates-based exercises to correct posture, strengthen muscles, and improve balance and flexibility. Exercises are done in a seated or standing position. Class is for those who have difficulty getting up and down from the floor.

Pilates for Bone Building
Pilates-based class focuses on alignment, breathing and core control, balance, spinal mobility, and postural correction. Class is for those who are able to get up and down from the floor for mat exercises.

Advanced Pilates for Bone Building, Level 2
Advanced Pilates class for those who have mastered Pilates for Bone Building. This is a higher level, more challenging class which will build upon the skills gained in Pilates for Bone Building. Participants are required to have completed at least one Pilates for Bone Building classes (12 sessions) and must have prior approval by class instructor.

Registration required.
Call 1-888-45CHOMP
(1-888-452-4667)

No refunds after session begins.
For information, call
Gina Enriquez 224-8287
Jan Jakubik at 622-2767

SESSIONS

Mondays and Wednesdays, January 4-February 24
Pilates for Bone Building
2:30-3:30 p.m. OR 4–5 p.m.
Advanced Pilates for Bone Building, Level 2
5:30–6:30 p.m.
$87.50 for 14 sessions (no class January 18 and February 15)
Hartnell Professional Center conference rooms
576 Hartnell Avenue, Monterey (across from the post office)

Tuesdays and Thursdays, January 5-February 25
Better Bones and Balance
10:30–11:30 a.m. OR noon–1 p.m.
Pilates for Bone Building
9–10 a.m.
Advanced Pilates for Bone Building, Level 2
1:30–2:30 p.m.
$100 for 16 sessions
Community Hospital of the Monterey Peninsula
It’s My Life exercise studio (across from conference rooms)

Wednesdays and Fridays, January 6-February 26
Better Bones and Balance
10–11 a.m.
$100 for 16 sessions
Community Hospital of the Monterey Peninsula
It’s My Life exercise studio (across from conference rooms)