



SENIOR PILATES STANDING & SITTING

Thursday 10.30-11.30am
Longniddry Community Centre
Starting on the 9th of January 2020
£4.00 per session

These low impact sessions are designed to improve your posture, balance and range of movement within your own ability by gently and safely using the basics of Pilates along with different equipment such as resistance bands, Pilate's ball, Pilates ring, weights etc. Correct breathing and alignment encourage to open your ribs and elongate your spine. All movements are performed standing or sitting, so there is no need to go down on mats.

- + **be more flexible**
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- + **strengthen your core**
-
- + **support your back**
-
- + **decrease fall risk**
-
- + **lubricate your joints**

BOOK YOUR PLACE WITH
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