



SENIOR PILATES STANDING & SITTING

**Monday 9.30-10.30am
The Fraser Centre**

**Starting on the 3rd of February 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, Pilates ball, Pilates ring, weights etc. Correct breathing and alignment encourage to open your ribcage and elongate your spine. All movements are performed standing or sitting, so there is no need to go down on mats.

+ be more flexible

+ strengthen your core

+ support your back

+ decrease fall risk

+ lubricate your joints

**BOOK YOUR PLACE WITH
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OR

**AGEING WELL
COORDINATOR**

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