



Pilates for Every Body!

Join us for Pilates with a ball, weights, and ring...a great workout and lots of fun!

Pilates is a form of exercise and body conditioning developed by Joseph Pilates in the early 20th century. There is nothing forced or unnatural about adopting the Pilates Method. Some of the principles that guide the Pilates Method include concentration on each movement, use of the abdomen, legs, hips, and low back muscles with flowing movement patterns and steady controlled breathing. In these classes, you will use a pair of small weights, Pilates ring, and physio ball to enhance your experience of an integrated core and overall strength. Using Pilates Method principles, you will develop clarity of execution, finding your center core called your “powerhouse”, expanding spatial awareness, and building your confidence.

Please bring a yoga or Pilates mat, a pair of 2 or 3 lb. hand weights, and a Pilates ring (if you have one). Mats, balls, and rings are also available to borrow. **No prior experience is needed. All welcome!**

When: 5 weeks: Fridays, 12:00-1:00 pm February 2, 9, 16, 23, March 1

Where: Shakti Yoga, 63 Main St., Geneseo

Fee: \$50 for the 5- week session \$12 drop-in Pay by check, cash or PayPal (on website).

College students: \$25 for 5 weeks \$8 drop-in

Email us with questions or to reserve your spot!



Classes are taught by Jonette Lancos, a Registered Yoga Teacher (RYT-200) and Pilates instructor. Jonette is a professor and academic coordinator of the Dance Studies Program and Artistic Director of the Dance Ensemble at SUNY Geneseo.

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