



Pilates With a Ball!

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

In these classes, you will use a pair of small weights, Pilates ring, and a physio ball to enhance your experience of an integrated core and overall strength. Using Pilates Method principles, you will develop focus and clarity of movement, experience your center core called your “powerhouse”, and expand your spatial awareness, while building both 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 these). Mats, balls, and rings are available at the studio to borrow. **No prior experience is needed. All welcome!**

When: 5 weeks: Fridays, 12:00-1:00 pm May 3, 10, 17, 24, 31

Where: Shakti Yoga, 63 Main St., Geneseo

Fee: \$50 for 5 weeks. \$12 drop-in.

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

Payment by check, cash or PayPal (on our website).

Email us with questions or to reserve your spot!



Classes are taught by Jonette Lancos, RYT 500 and Pilates teacher. Jonette is a professor and academic coordinator of the Dance Studies Program at SUNY Geneseo, and artistic director of the Geneseo Dance Ensemble.

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