

Pilates Beginners

If you are new to the world of Pilates or you haven't done it for a while, this class is meant for you.

- Pilates is a workout focusing on your core strength as well as for conditioning your full body.
- Improving your flexibility and raising your mind & body awareness.
- Want lean abdominals and strong body without having to lift weights and staying in the gym for hours and hours, this is the class to join.
- Students are advised to wear comfortable clothing.
- Students will be asked to complete a Medical Screening form on the first night of class.

While the college provides basic Yoga mats, students are encouraged to bring along their own.