

## Pilates of Homer

**Event Title:** Pilates of Homer

**Date/Time:** Mon, Nov 25th 5:30pm - 6:30pm Mon, Dec 30th 5:30pm - 6:30pm

**Location:** HERC Building



### Pilates of Homer

Classes taught by Sarah LaQue, Certified Pilates Structural Integration Method

Pilates is a body conditioning routine to build flexibility, strength, endurance and coordination. The method teaches the mind to control the muscles. Together we will create a strong core and a toned flexible body. Our workouts will naturally improve your postural reflexes and movement patterns so that you create a body that is resistant to injury, stress and the affects of age and over use.

1. Core Conditioning - workouts jump start your low abs and core connection. You will learn to use this connection in everything you do to improve muscle tone, flexibility and balance. Learn to condition your abs in every movement of every exercise.
2. Stress Resistant - Breath is the foundation of health and posture. Breathing techniques will re-ignite the link between your breathing reflex and your core muscles. This turns on your body's own natural stress discharge system.
3. Learn to intentionally re-align and balance your joints and muscles as you work out.

Structural Integration Pilates is the art and science of balancing the mind and body and making deep lasting changes. **For more information and registration contact Sarah at 235-7854 or email at [sarahlaque@gmail.com](mailto:sarahlaque@gmail.com).**

**WHEN:** Mondays & Wednesday, 5:30-6:30pm (Class #1) or 6:30-7:30pm (Class #2); November 25 to December 30 (no classes 12/25)

**WHERE:** HERC building (former Boys & Girls Club)

**FEE:** \$70 + \$15 CR fee for all 10 classes or \$12/drop in (includes CR fee)

All fees are payable to instructor

