**Pilates**

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.