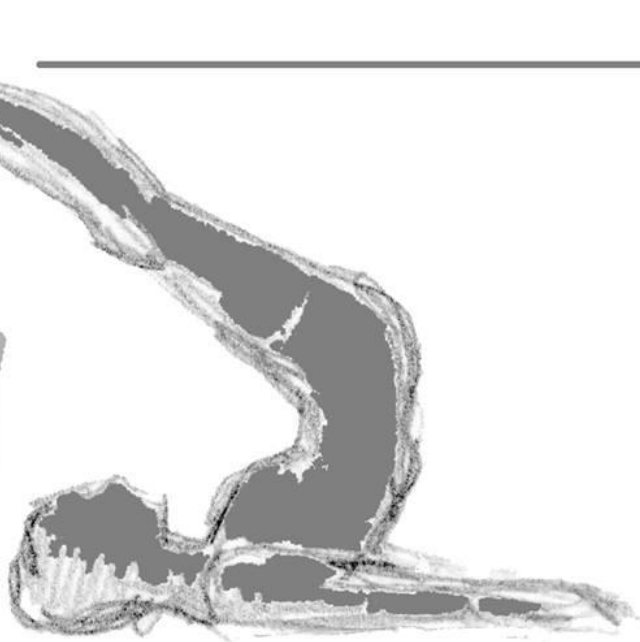

Pilates Method

Liz Lutz



Maintaining Mobility: Tools and Techniques

Instructor: Liz Lutz, Pilates at Arbutus Bluff

Rollo Centre - Big Room

Fridays 3:30 to 4:30

\$5.00 per class

A series of sitting and standing exercises to get you moving from your head to your toes,

Wear non restrictive clothing like yoga pants or jogging pants.

Be prepared to be barefoot for part of the class.

Bring two towels, one bath size and one hand towel or two bath size, one to stand on and one to roll as a bolster (not your good towels - you will be putting them on the floor), if you have one bring a tennis ball or similar sized ball.

For more info call 250-247-9170 or email pilates@arbutusbluff.ca