

DESK PILATES



Feeling achy & tight at work?

Work your workspace with Wendy.

- Learn how to use concepts from Pilates to minimize tension in the neck and back.
- Learn how simple Pilate's exercises and stretches can be done at your workspace to keep the body awake and active so your mind can focus on the important work you do day-to-day.
- Learn to configure a workspace that encourages a healthy posture.
- Learn core challenges and stretches you can do at your desk.
- Learn about body alignment and strategies for your body and workspace.

\$45* Saturday, January 28
11:30 AM – 1:00 PM

* Includes a 50 page Pilates desk reference book for home or work.
No fancy gadgets or machines required—just your body and a chair.

Balance for Life Fitness Center | bllfc.com | 651.415.9500