



Intro to Pilates Allegro

Pilates Allegro

Learn Pilates principles of core control—how to contact the deep abdominal, spine and pelvic muscles to support your back for safe graceful movement. With the support of the Allegro Reformer one can maintain proper alignment while building strength, stability, flexibility, and stamina.

If you are new to Pilates Allegro you must attend a free Introductory Pilates session (see date below) or get permission from a Pilates instructor; then you may sign up for a Level 1 class.



Free Intro to Pilates Allegro

Learn the benefits and see Pilates Allegro in action. You will also get to try the equipment with the assistance of an instructor.

• **Saturday, June 27; 12-1pm** – *Free for members; \$20 public*

