

## **PILATES YOGA STRETCHING**

Every Tuesdays starting in January at the Clubhouse.

### Tuesday 8:30 a.m. - Pilates-Yoga-Stretching ON CHAIR

Global and varied training including exercises of reinforcement, flexibility, balance, relaxation etc. With chair to facilitate the execution. (This class is softer and easier than the mat class)

Materials required:

- Yoga band or belt (kind of dressing gown belt) or other
- 2 weights (1 or 2 pounds) or 2 bottles of water

### Tuesday 9:15 a.m. - Pilates-Yoga-Stretching COMBO (ON CHAIR /ON MAT)

Global and varied training including exercises of reinforcement, flexibility, balance, relaxation etc. With chair to facilitate the execution. (This class is softer and easier than the mat class)

Combination of different techniques for working the whole body. Improve posture, strength, flexibility, balance, and release tension.

Materials required:

- Yoga mat
- Yoga band or belt (kind of dressing gown belt) or other
- 2 weights (1 or 2 pounds) or 2 bottles of water
- A small ball
- A towel can be used as a cushion if needed.

### Tuesday 10:15 a.m. - Pilates-Yoga-Stretching ON MAT

Combination of different techniques for working the whole body. Improve posture, strength, flexibility, balance, and release tension.

Materials required:

- Yoga mat
- Yoga band or belt (kind of dressing gown belt) or other
- 2 weights (1 or 2 pounds) or 2 bottles of water
- A small ball
- A towel can be used as a cushion if needed.

Sylvie Rondeau, activity representative