

# Pilates

## For Strength and flexibility

Pilates improves flexibility, builds strength and develops control and endurance in the whole human body. It puts emphasis on alignment, breathing, developing a strong core, and improving coordination and balance.



**Mondays and Thursdays**  
**9:00 am - 10:00 am in the Clubhouse**  
**Ballroom**

**Bring a mat and a bottle of water.**  
**Wear loose clothing.**

**Any questions? Contact:**  
**Marja Horowitz - (732) 904-4971**