



# Standing & Seated Balance, Core Strengthening and Pilates Class

Wednesday afternoons 12:30 – 1:30pm

Asbury Methodist Village  
Hefner Auditorium, Building 417

Class consists of light but active motions to warm up the body followed by standing and seated exercises based on the principles of a traditional Pilates class. These exercises will stretch the body and target the abdominals. Light hand weights will occasionally be used to improve muscular strength and bone density. Seated and standing stretches with a focus on balance are also included.

Classes begin January 11, 2012

Classes are free for Asbury residents.  
Non-Asbury Residents can pay \$7.00 per class or  
use a \*punch card.

Questions? Call Nancy at 301-990-1846

\*Punch cards can be purchased at the Rosborough Wellness Center. \$35.00 for 6 class punches.