

BEYOND THE MAT

Functional Pilates - 'what, why, how' with Melissa W.

*What is Functional Pilates? *Why do we move in all these directions? *How is this beneficial to my body?

WHEN: SUNDAY MARCH 24 @ 1:30PM-3PM

WHERE: YWCA STUDIO

FITNESS LEVEL: NEWBIE TO SEASONED ENTHUSIASTS

PREREQUISITES: 16YRS AND OLDER

EQUIPMENT: MATS AVAILABLE OR BRING YOUR OWN

COST: YWCA MEMBERS \$25 YWCA NON-MEMBERS \$30

QUESTIONS: MDBWILSON73@GMAIL.COM

PRE-REGISTRATION REQUESTED:
INDUSTRIALSTRENGTHFITNESS.COM/CLASSES

This workshop is designed to actively practice and discuss the meaning of Functional Movement in Pilates, and challenge ourselves to look deeper into Pilates with our movements: Flexion, Extension, Lateral Flexion and Rotation. Be prepared to workout, learn more about the magic of Pilates and have FUN!

3420 Park Road, Charlotte, NC 28209

