Introductory Pilates

Thursdays 9:30 to 10:30 am, starting Nov 3rd, 2022
at Callan-Harris Physical Therapy

Pilates is highly adaptable and includes a wide variety of motions to help build the mind-body connection, improve strength and breathing, and increase vitality



Appropriate for: active individuals looking to improve core control and strength, improve posture, and safely gain mobility (modifications will be available!)

When: Thursday mornings at 9:30 am

Where: Callan-Harris Physical Therapy: 1328 University Ave, Rochester, NY 14607

Cost: $18 for drop-in class OR $90 for the 6-class pass / $150 for 10-class pass

**Masks required*
***Class size limited to 10 students, so please register in advance at 585-482-5060*

Instructor: Ellen Key, DPT is a Physical Therapist and Pilates Instructor here at Callan-Harris PT who loves teaching people about movement and body awareness
Please feel free to email with any questions: ellen@chptusa.com