

Introductory Pilates

***Thursdays 9 to 9:50 am
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 am

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

Cost: \$22 for drop-in, \$120 for 6 class pass (\$20/class), \$216 for 12 class pass (\$18/class)

**Masks required*

***Class size limited to 8 students, so please register in advance 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