

# Pilates for Osteoporosis

***Tuesdays 9:30 to 10:30 am***  
***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 increase vitality.

*Appropriate for:* active individuals with osteoporosis/osteopenia (modifications will be available!)

*Concepts/Skills Learned:* neutral spine, full body mobility, spinal extension, balance, hip hinge.

Gain muscle control and strength, safely build flexibility, and learn to move skillfully.

Pilates movement is safe for those with osteoporosis!

Build an understanding of Pilates and learn techniques to apply to future exercise endeavors.

*Meet the 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.



Dates: Six week series: **July 5th through August 9th, 2022** at Callan-Harris Physical Therapy located at 1328 University Avenue, Rochester, NY 14607

Cost: \$18 for drop in class OR \$90 for the 6-class pass, \$150 for 10-class pass  
( Masks and proof of vaccination required )

Class size limited to 8 students. Register in advance with Callan-Harris PT at 585-482-5060