

GENTLE PILATES – Spring 2025



Deborah Nordstrom, Pilates and Brain Longevity Instructor

Wednesdays, March 26 to April 30 (6 weeks); and Wednesday, May 28 to June 18 (4 weeks).
Register for one or both series!!

NEW Time: 9:00-10:00am

Cost: \$72 for six weeks
\$48 for four weeks
\$120 for 10 weeks
\$15 drop in

Bring your own mat.

Improve your posture, core stability, flexibility and balance and move with more ease.

Pilates is a low-impact, easy-on-the joints mind/body exercise that has many benefits including rehabilitation from injury, reducing stress and supporting you in your daily, sports and other activities.

Key elements of the classical Pilates exercises and principles will be taught. The class will start with a gentle warm-up, continue with Pilates exercises including progressions and finish with a few yoga exercises to cool down and relax.

All levels welcome!

For more information: [Journey Fitness + Wellness- Yoga, Pilates, and Meditation](#) or contact Deborah at (613) 558-7480 or e-mail me@deborahnordstrom.ca