

PILATES, YOGA, AND POWER STRETCHING
with Martha Eagle



This thorough workout program will be a mixture of Pilates, yoga, and a power stretch. Pilates mat exercises will strengthen and stretch the torso creating better posture, balance and alignment in the body. This mixture of exercises will blend muscle strength, endurance, flexibility, cardiovascular and respiratory components to create a well-rounded fitness program resulting in greater health benefits. Participants are asked to please bring an exercise mat to class. All exercise levels are welcome to join!

Participants must be 16 years of age and over.

JANUARY 22 THROUGH MARCH 12
FRIDAYS, 7:45 - 8:45 A.M.

COST:

RESIDENTS: \$25/person

NON-RESIDENTS: \$30/person

LOCATION: Southold Town Recreation Center