



Pilates

This full-body, low-impact workout is the ultimate core stabilizer. Join us for this beginner-friendly class that helps improve your posture, flexibility and mobility for a healthier, fitter you.

Please talk to your doctor before beginning an exercise program.

Pilates

Wednesday, July 6

12 p.m. - 1 p.m.

Register Now

Space is limited.

Need Help Getting Care?

Call a Horizon Health Guide at **1-800-414-SHBP (7427)**.

