

**COLLABORATION  
STATION™**



**Community Class!**

**1194 Oakfield Avenue  
Wantagh, New York 11793**

**(516) 548-7192**

**Collaborationstationny.com**



# Pilates

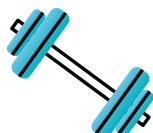
Collaboration Station is excited to offer modified Pilates, which helps individuals improve their physical strength, flexibility, posture, and mental awareness. Individuals can participate in traditional or chair Pilates, depending on their abilities.

We recommend wearing comfortable clothing that allows freedom of movement, a yoga mat, and Yoga/Pilates socks.

**Topics covered include:**

- What is Pilates?
- The Foundations of Standing/chair Pilates
- How to strengthen and tone your body.
- Improving Balance and Posture

**Our instructor possesses a comprehensive certification in Pilates through Equinox.**



**Classes will meet weekly for eight weeks for one-hour sessions. The cost is \$50.00 per class.**

**To enroll in the class, please scan the QR code or email us at [Collaborationstationny@gmail.com](mailto:Collaborationstationny@gmail.com)**

