

PILATES MAT CLASSES



WHO:
UF and UF Health Employees

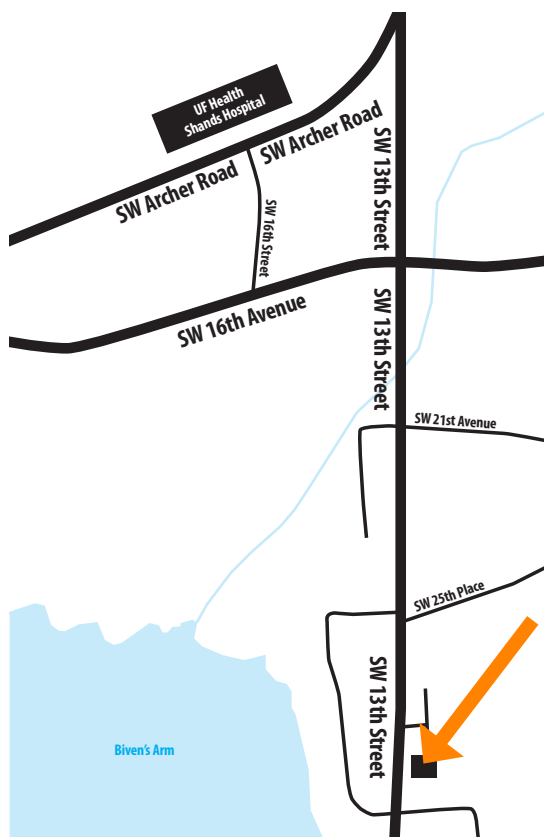
WHERE:
Tanglewood Village
Commons Room
2919 SW 13th Street

WHEN:
Weekly – every **SATURDAY**
9:45 a.m. to 11:15 a.m.

BRING:
Yoga Mat and Block

COST:
FREE

DIRECTIONS:
From UF Health Shands Hospital,
turn left onto SW Archer Road
and make a right at SW 13th
Street and continue until you see
Tanglewood Village on your left.



FEATURING:

Isabel Garcia-Rose
Stott Pilates Certified Instructor
University of Florida Lecturer
School of Theatre + Dance

Isa's Pilates Mat Class applies the principles of intelligent exercise to create a well-rounded core building class experience. In order to receive optimal results from workouts, the class is designed to provide each student with appropriate modifications. The exercises within the program are systematically organized and bio-mechanically sound. The main focus of the class will be to improve core strength, endurance, coordination, spine articulation and postural alignment. Isa's extensive dance experience allows her to guide students to apply this classwork to their dance training.