



Mat Pilates

by Beth Nolan

Beth Nolan

has many years experience
as a dance & fitness instructor.

She was a Radio City

Rockette for over 20 years.



She has studied Dance, Classical Ballet, Yoga & Pilates extensively. Proper
alignment & utilization of muscle groups is always stressed in her classes.

She is also certified in "The Method" Pilates.

Tuesday: 9:15-10:15am

Thursday: 9:15-10:15am

Mat Pilates: A 60 minute session of floorwork utilizing the Pilates method to strengthen your core and develop long, lean muscles. Proper alignment and quality of movement is stressed over quantity of repetitions. Suitable for all levels, modifications given to suit beginner through advanced students.



Please bring a mat.



(772) 226-1780

