

# MAT PILATES FOUR-WEEK SERIES

In this Introduction to Mat Pilates series, participants will:

- Explore fundamental Pilates-based movements.
- Engage in muscular balance restoration.
- Improve coordination and balance.
- Enhance body alignment and posture.
- Learn the purpose behind many movement.
- Understand appropriate modifications to progress each exercise.
- Increase knowledge of exercises that can also be completed at home.
- Instructor Stephanie Tran has been teaching yoga, Mat and Reformer Pilates classes for over 10 years.

Members \$15 | Non-members \$65 | Sign up online or at the front desk.



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