



Community Health

Pilates Core and Stretch Exercise Class



Ludovici Park in Palmetto Bay

The Pilates Core and Stretch exercise class is a core-focused exercise with a releasing stretch designed to build a powerful and flexible midsection with Pilates variations.

Free

Limited spots available. Register on site

Please bring your mat and water.

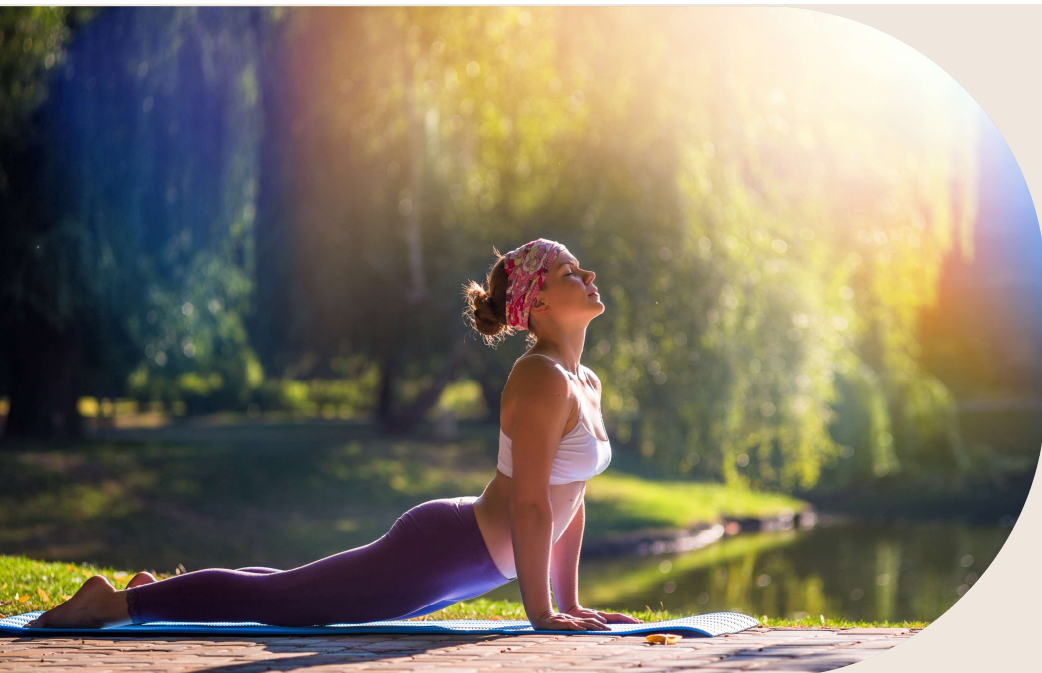
Questions? Email Programs@BaptistHealth.net

Ludovici Park

17641 Old Cutler Road
2nd floor Conference Room

Every Wednesday
10:30 a.m.

*Moves to Perrine Community
House in the Summer months*



Classes are subject to change.