



Pilates with a Foam Roller

Please note: This information is correct as of January 2024.

Times may change, so visit our website at www.cscatlanta.org for the latest information.



Pilates is an empowering mind-body method of exercise that focuses on developing core stability, body and breath awareness, and muscle balance. These gentle, low-impact exercises help to improve posture, flexibility, endurance and core strength. Participants will have the option to utilize a half foam roller during class. Class challenge level is Modified Beginner or Beginner.

Led by:

Jane Myers, BHS, OTR/L

In-Person Class:

Tuesdays, 11:15 a.m. - 12:15 p.m.

To participate in this class, please register at www.cscatlanta.org/calendar.

We validate parking, so bring your ticket in with you. Our suite is located below the main lobby in Building 2.



**Registration
Calendar**

Recorded programs are also available to view at cscatlanta.org (located under the videos tab).



phone 404.843.1880 • fax 404.843.1780
1100 Johnson Ferry Road NE • Building 2, LL90 • Atlanta, GA 30342
www.cscatlanta.org

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