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.

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

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