Virtual Pilates

A Stress Reduction Class Presented by Cancer Support Community Atlanta

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. Class challenge level is Modified Beginner/Beginner. Required equipment: Exercise mat or towel. Optional equipment: Flexible resistance band, pillow and/or small inflatable ball, and yoga blocks.

Led by:
Jane Myers, BHS, OTR/L

Virtual Class: Mondays, 5:30 - 6:30 p.m.
To participate in this class, please register at www.cscatlanta.org/calendar.

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