

Pilates Mat Class

taught by Sondee Hatcher

Each time you do Pilates . . .

you are doing something wonderful for yourself!

Pilates is a gentle yet very effective method of exercise that strengthens and lengthens the muscles, while improving flexibility, posture and balance.

This Pilates class is based on the classical series of Pilates mat exercises, with some modern variations and interpretations as well. The class is not aerobic but provides you with a full body workout, focusing on core strength and flexibility.

The class is intermediate in nature, but beginners are certainly welcome. All of the exercises can be modified in ways to make them less challenging or varied to make them more challenging, depending on your individual body and level.

Please bring your own mat if you have one. Also, please let your instructor know if you have any injuries or issues of which she needs to be aware.

Do something wonderful for yourself ~ you deserve it!

For more information please contact your certified Pilates instructor, Sondee Hatcher, at 713-907-8760 or sondeeh@aol.com

Tuesday mornings, 8:30-9:30 a.m.

Please contact Sondee for information on class prices

Come try your first class for free!



St. Martin's Activity Center Aerobics Room

Please fill out and sign an Activity Center release form for this class.

