



**Instructor:
Catherine Kirsch**



Levy Family Campus
14855 Oka Road Suite 201
Los Gatos, CA 95032

pilates

reformer

New Osteo-Pilates

**For people with Osteoporosis, Osteopenia,
and Osteoarthritis**

Osteo is defined as “porous bones”. Especially for women in the mid-life range, the skeletal bones may slowly lose their density and mass. This Pilates class is executed on the Pilates Reformer, the roller, and the small ball. The exercises focus on the core, strength, posture, and balance without compromising the spine. The workout is designed to protect fragile spines and work on core muscles. Each class session will strengthen the core and the inner scapular muscles to develop the stabilizing muscles, and stretch the pectoral muscles to open the chest and help with the biomechanics of daily posture.

**Cost for 6 classes:
Members-\$210
Non-members-\$270
Limited to 3 participants.**

To register, please fill out a Pilates registration form at the Service Desk.

For more information contact Juliet, Pilates Lead, at 408.357.7427 or juliets@svjcc.org.

<http://www.svjcc.org>