



PILATES FOUNDATIONS



This Pilates workshop is designed to assist both the novice and experienced Mat Pilates practitioner to deepen their understanding of the Pilates practice. This workshop will cover breathing techniques to facilitate movement, as well as dive deeply into foundational movements to help build skill and body awareness. This is a unique opportunity to ask questions and get hands on assistance to get the most out of the exercises. ***Save your spot with member services or members can enroll online under the District Specialty option! Limited spots available.***

**SATURDAY
MAY 11TH
2019**

**11AM-
1PM**

**DISTRICT
GROUP
STUDIO**

**\$10 FOR
MEMBERS
\$20 NON**

JENNIFER MULLEN



Jennifer Mullen is a board-certified Doctor of Physical Therapy and Pilates instructor. Jennifer's background in Physical Therapy gives her a unique perspective and the ability to optimize movement for a wide variety of people. She has a passion for helping others begin and continue to move for increased vitality and health. Jennifer has completed 5 half marathons and has been an active participant in group fitness since she was 18.