



# 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](http://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](http://www.cscatlanta.org/calendar).



Registration  
Calendar

Recorded programs are also available to view at [cscatlanta.org](http://cscatlanta.org) (located under the videos tab).



phone 404.843.1880 • fax 404.843.1780

1100 Johnson Ferry Road NE • Building 2, LL90 • Atlanta, GA 30342

[www.cscatlanta.org](http://www.cscatlanta.org)

