

CoreFIT Pilates



Core strength is the foundation of Pilates exercise. The core muscles are the deep, internal muscles of the abdomen and back. When the core muscles are strong and doing their job, as they are trained to do in Pilates, they work in tandem with the more superficial muscles of the trunk to support the spine and movement. All exercises are developed with modifications that can make a workout safe and challenging for a person at any level. Please bring a mat and water bottle.

Classes are:

Monday & Wednesday

6:00 to 7:00 pm

Historic Kyle City Hall

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