

Join us for:

Free Virtual Pilates Classes

- ❖ From home over Zoom
- ❖ 15 people max per class
- ❖ Modifications for people with mobility issues
- ❖ Alternating schedule for accessibility
Tuesday 4pm + Wednesday 12pm

You need:

A yoga mat, or chair (if mobility challenged)

A block, cushion or folded towel

A camera setup so the instructor can see you

Fill out the participant questionnaire

*4 people (distancing) can join from Gourlay

What you need to know:

- Pilates is a whole body exercise focused on building core strength and flexibility
- You need no previous experience, it is for everyone with any degree of mobility
- The instructor needs to see you through the exercise to ensure your safety
- Classes are first come first serve, email the instructor laladawson@shaw.ca to reserve your



spot

- If you use a shared mat from the Gourlay, you will need to thoroughly sanitize it before and after use. You may want to bring in a personal towel to put over the mat.

- Find more @: <https://laladpilates.com/>



- Lela has a Certificate in Health and Wellness from Simon Fraser University and is Nationally and Provincially Certified with NPCP and BCRPA. She is a BCRPA Trainer of Fitness Leaders (TFL) and workshop presenter, and an active member with The Pilates Method Alliance (PMA).

Schedule for:

Free Virtual Pilates Classes

Wednesday, Aug 26	3PM-5PM	Pilates basics workshop
Tuesday, Sept 8	4PM-5PM	Pilates mat- all levels
Wednesday, Sept 16	12PM-1PM	Pilates mat- all levels
Tuesday, Sept 22	4PM-5PM	Pilates mat- all levels
Wednesday, Sept 30	12PM-1PM	Pilates mat- all levels
Tuesday, Oct 6	4PM-5PM	Pilates mat- all levels
Wednesday, Oct 14	12PM-1PM	Pilates mat- all levels

Email leladawson@shaw.ca to sign up with the date(s) you would like!