

# PILATES AND HEART & SOLES



## Pilates

Tuesday & Thursday

9:45am

Pilates improves flexibility, builds strength and develops control and endurance in the entire body. It puts emphasis on alignment, breathing, developing a strong core and improving coordination and balance.

## Heart & Soles

Tuesday & Thursday

10:30am

Heart & soles is a low impact aerobic movement class for any fitness level, combined with a variety of flexibility, strengthening and toning exercises for total body workouts.

Grants Pass Family YMCA  
1000 Redwood Ave  
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[grantspassymca.org](http://grantspassymca.org)

Instructor  
Teri Gibbs