

# Castro Valley Adult and Career Education

## ZEN-7 Pilates Fitness



Find your perfect balance through the practice of Pilates based exercise, a gentle approach that can correct postural defects and improve the fitness of your whole body, inside and out, from head to toe.

**PiYo** - Blending basic Pilates focus on core muscle strength with the yoga tradition of flexibility and balance. Standing, supine, prone and seated movement. Dynamic and fun! End with final relaxation.

**Mondays** 6:00-7:00 pm

**Pilates for Low Back Pain** - A gentle and healing class that can help restore strength and flexibility. You don't need prior Pilates experience. (not for those in acute pain or taking prescription pain medication).

**Tuesdays** 6:00-7:00 pm

**Effortless Meditation** - Very simply put, all you need is intention. It's still your life ~ only better. Bring a mat, blanket and/or a firm pillow. Sit or lie down.

**Tuesdays** 7:15-8:00 pm

**NEW Pilates Sculpt** - Adding a modern twist to traditional Pilates, promoting muscular endurance, strength and flexibility. May use dumbbells, bands and body resistance, but you always work at your own level. Emphasizes abdominals and lower body work.

**Thursdays** 5:30-6:30 pm

**NEW Pilates on the Ball** - Strengthen and stretch the entire body using the ball. The instability of the fitness ball rapidly helps to refine your balance, recruiting the deep stabilizer muscles. You'll take control of your body again, soothe low back pain and increase coordination. We bounce, too. It's fun! \*\* Must bring your own 55" - 65" fitness ball.

**Fridays** 10:00-11:00 am

**NEW Therapeutic Stretch** - Provides a routine of gentle stretching to bring relief and relaxation from tight muscles and joints. Feel the stress melt away. This class is not for people in acute pain or taking prescription pain medication to attend.

**Fridays** 11:15-12:15 pm

**Basic Mat Pilates** - The foundation of Pilates with introduction to fundamentals, from breathing to imprinting to spinal curling. Learn 18 beginner level mat exercises and be introduced to Pilates small equipment such as the flex band.

**Saturdays** 9:30-10:30 am

**NEW PRICING** – Attend any 7 classes. Mix and match. Find your perfect balance. Classes are continuous and have a generous 90-day expiration date from the first use.

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|-----------|--------------|-----------|
| 7 classes | 9/16 - 12/17 | \$87 ~ OR |
| 3 classes | 9/16 - 12/17 | \$37      |

**Classes held at:** Holistic Fitness Studio, 2881 Castro Valley Boulevard, CV

### REGISTRATION:

**Online:** [www.cvadult.org](http://www.cvadult.org) **By telephone:** 510-886-1000 **In person:** 4430 Alma Avenue, CV

