

# Pilates Mat Class

Thursdays 5:30-6:30pm

with Kristin Johnson

This class is a full body workout based on Joseph Pilates' classic mat work. The mat exercises focus on the deep muscles of the core with a mind body focus, utilizing the breath. This practice works the entire body without overworking or underworking any particular muscle group. The benefits include flexibility, strength, and balance.

[WWW.YOGAINCOMMON.COM](http://WWW.YOGAINCOMMON.COM)



Kristin is a professional dancer, Pilates instructor, and NASM Certified Personal Trainer. She is passionate about movement for all bodies. Regardless of your experience level, she will ensure you are moving efficiently. [www.KristinMarieJohnson.com](http://www.KristinMarieJohnson.com)