

Virtual Seated Pilates



Join us for a 6 week seated Pilates based movement class.

Pilates builds strength and agility for individuals of all abilities. Everyone is welcome!

Each class is 45 minutes and will be conducted by Liz Ann Kudrna. Liz Ann is a certified pilates instructor who uses a wheelchair and is committed to giving individuals a workout tailored to their own fitness level and goals. Find more information about Liz Ann at:
www.bbalancepilates.com

Classes will take place beginning **November 4th from 5:00–5:45 pm and run for six weeks.** The classes are free. You must have the capacity to connect via zoom to participate.

To register, call Denise Figueroa at 518-274-0701 or email her at:

dfigueroa@ilchv.org



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