

Pilates Meets Mobility!



Pilates Meets Mobility is a blend of Pilates and Mobility training. Designed for all levels, this class strenghtens the core, enhances posture, increases range of motion, and builds body awareness through intentional movement.

For more program details, visit the registration page.

Free to all MIIA Account:
• **employees and spouses**
• **retirees on a MIIA/Blue Cross health plan**

**7 Classes, Mondays,
October 19 to November 30
4:30 PM to 5:30 PM**

Zoom

**Carolyn Gould,
FRC Mobility Pilates**

**[Register Here](#)
by November 30**



**Register on
your MIIA Mobile App**

Download the app
from the App Store or Google Play

