



PILATES AT THE STRONGHEART CENTER

BUILD STRENGTH
• IMPROVE
FLEXIBILITY •
FEEL YOUR BEST

Whether you're new to Pilates or have experience, this class is designed to help you move with confidence in a supportive and welcoming environment. Join Maajii Wellness instructor Lyndsay Sharpened Stone for a full-body workout that focuses on strength, balance, flexibility, posture, and core stability.

CLASS INFORMATION

Tuesdays | 5:30 PM – 6:30 PM
Begins Oct. 20th Thru Dec. 2026

- No experience necessary
- All fitness levels welcome
- Mats provided

Strongheart Center Front Office

(231) 534-7457

Leanne (Tana) Alber

Strongheart Supervisor

(231) 534-7551

Leanne.Alber@gtb-nsn.gov