

Pilates and Core Strengthening with Lana Underwood

This hour-long class is designed to improve overall strength and stamina, starting with the body's core, working from the inside out. The class will primarily focus on the Pilates methodology but will also integrate elements of yoga as well as other core strengthening techniques, keeping the class fresh and fun.

From this class your team will see improvements in:

- Core strength
- Stamina
- Balance and Stability
- Focus and Concentration
- Body Awareness and Connection

Pilates builds strength from the larger muscles and joints, rather than the smaller muscles and ligaments, which helps prevent injury.

What the girls will need:

- Water
- Towel
- Sunscreen
- Sunglasses or hat if it is sunny

As a teacher, it has always been my goal to create fun workouts that are challenging for both the body and mind. To learn more about me, please visit my website at www.underwoodpilates.com

See you on the sand!

Lana

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