



Pilates Reformer for Heart Health

Join our Pilates Reformer Small Group and support a great cause!

Discover the heart-healthy benefits of Pilates Reformer. Through rhythmic breathing and fluid movements, Pilates can reduce stress, lower blood pressure, and promote tranquility and vitality. Sign up for our group sessions to experience the physical and mental advantages of Pilates and contribute to a worthy cause!

Your donation supports the American Heart Association's investment in research, education, and community outreach.

For more information, please contact
Pattie Stanko-Florance
patriciast@fitnessandwellness.org
607-306-2100 x110

Wednesday, March 20

Four (4) time groups to choose from:
10 a.m. with Leslie | 11 a.m. with Leslie
2:30 p.m. with Vivian | 3:30 p.m. with Vivian
Each group is one (1) hour and limited to four (4) participants.

\$25 Minimum Donation

All participants must register at the front desk and show receipt of donation.



Scan the QR Code to Donate!

You can donate to the Southern Tier Heart walk by scanning the code or visiting our team page here:
<https://bit.ly/LHFHeartWalk>

All proceeds benefit the American Heart Association.



American Heart Association.
Heart Walk.