

GREAT HEARTS®

ARCHWAY LINCOLN

# PILATES & STRETCH CLUB!

MOVE. BREATHE. HAVE FUN!

Let's get strong, stretch  
and feel our best!



**GET STRONG**  
Build strong  
bodies!



**FEEL GOOD**  
Breathe, relax  
and feel happy!



**MOVE MORE**  
Improve balance  
and flexibility!



**BE CONFIDENT**  
Believe in yourself  
and have fun!

WE WILL  
HAVE  
**PILATES  
BALLS!**



**BRING A  
YOGA MAT!**

**&**

**BRING A  
WATERBOTTLE!**



**WHEN:** WEDNESDAYS  
2<sup>ND</sup> SESSION CLUB



**WHERE:** K-2<sup>ND</sup> GRADE  
MUSIC ROOM



**WHO:** 3<sup>RD</sup> - 5<sup>TH</sup> GRADE

## WHAT TO EXPECT:

- ♥ Pilates & stretching
- ♥ We will have pilates balls!
- ♥ Fun games & activities
- ♥ Kind & positive environment
- ♥ All fitness levels welcome!

**LED BY:**  
MS. SATAVU & MS. SLIGHTOM



Let's move, smile, and have a great time together!