

Virtual Fitness Classes



Get in shape from the comfort of your home as we present Total Body and Pilates virtually!



Pilates

Pilates takes a holistic approach to fitness and well-being. Students will do a series of movements in conjunction with breathing techniques that will stretch and strengthen muscles; improve flexibility and balance; and stabilize and strengthen your core. Modifications are shown for those with back, knee and neck issues.

Instructor: Meg Berg. Fee: \$12

271384 Wed Jan 6-27 2PM

Total Body

Build strength, balance, and flexibility- aspects of your health which are essential to maintaining physical independence. Use body weight, hand weights, resistance bands, and other equipment while you are being encouraged to follow proper form and technique. *Instructor: Meg Berg. Fee: \$12*

271385 Wed Jan 6-27 1PM



A day before the class you will receive an email with instructions on how to log into WebEx, the platform that will be used to show the class.

PARKS, RECREATION
AND CULTURAL
RESOURCES

Five Points Center for Active Adults
2000 Noble Road
919-996-4730
Register at: parks/raleighnc.gov