



MAT PILATES

AS FUNCTIONAL FITNESS

YOU'RE INVITED



To an insightful webinar with **Kimberley Garlick, Senior Educator for Polestar Pilates**, as she shares **expert insights on the benefits of Mat Pilates for greater functional fitness and overall health.**

If you're recovering from an injury, looking to improve posture, or wanting to dial up your overall physical activity, Mat Pilates provides a great foundation for sustained health and vitality.

IN THIS WEBINAR, YOU'LL LEARN:

- How Mat Pilates strengthens the core for better posture and reduced strain.
- The role of flexibility and mobility in preventing injuries.
- How improved balance and coordination enhance daily movement.
- The connection between Mat Pilates and long-term musculoskeletal health.

REGISTRATIONS ARE ESSENTIAL, AND PLACES ARE EXTREMELY LIMITED, SO SIGN UP TODAY!

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