

Gentle Pilates



Cancer Supportive Care Program

This gentle Pilates class is a series of exercises that will help to build flexibility, regain muscle strength, endurance, and overall posture. These mat-based classes will put emphasis on alignment, deep breathing, and developing core strength, essential for improving coordination and balance.

No registration necessary, just drop in.

Dates: Every Friday
No class: 1/5, 6/1

Time: 2:00pm–3:15pm

Location: Yoga Source
16185 Los Gatos Blvd
Los Gatos, CA 95032

Questions: Please call 669-233-2807

Website: www.stanfordhealthcare.org/cancersupportivecare

The Stanford Supportive Care Program provides free classes, workshops, fitness classes, services, and support to all cancer patients regardless of where they receive their care.



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