

Pilates



Neuroscience Supportive Care Program

Have you ever done Pilates? Never done Pilates? Either way, have some serious fun in this circuit through various pieces of Pilates equipment: reformers, towers, chair, and barrels. This class will help you learn or relearn how to move in a wonderful healthy environment designed to get you moving.

Registration required.

- Dates:** Every Thursday
(no class 1/2, 5/29)
- Time:** 1:00pm–2:00pm
- Location:** Definet Personal Training and Wellness Studio
981 Industrial Road
San Carlos, CA 94070
- To register:** Call 650.721.8500
- Website:** www.stanfordhealthcare.org/nscp

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

