



Exchange Ideas-Exchange Questions-Exchange History
Change the Future

The Pilates Exchange

The Pilates Exchange is a group class designed to enhance the knowledge of current and future Pilates instructors and apprentices. Facilitated by Jessica Moss, we will meet one Monday each month to question, learn and dig deeper into anatomy, alignment and movement.

Upcoming Class Dates for

2022/2023

Sept. 19th

Oct. 17th

Nov. 14th

Jan 16th

Feb. 13th

March 13th

April 10th

May 15th

12:00—1:30 pm E.T.

Class Topics include:

Accessing the Upper Fibers of the Psoas

Mobilizing the Spine

Stability/Mobility of the Upper & Lower Limb

Realigning the Foot

Cost: \$400 for All 8 classes

Or \$75 for a single class

Where:

Pilates Core Center

1919 Greentree Rd

Cherry Hill N.J.

856-985-0900

www.pilatescorecenter.com

Classes Available In-Person,
Online & On Demand

