



Pilates for a Purpose

Proceeds benefit the
Cathedral City Senior Center

What if all the strength you need is already within you?
Learn how to build strength from the inside out with
Pilates for a Purpose at the Cathedral City Senior Center.

● BENEFITS OF PILATES

- Strengthens essential core muscles
- Lengthens the body for increased flexibility
- Adjusts posture to help you sit and stand with confidence & poise
- Aids in better balance when walking and standing, prevents falls

● MEET LILY

Lily is a leading Pilates instructor with over 30 years of experience in the fitness industry. She specializes in helping active, older adults thrive as they age. See reverse side for more information!

**PRESENTED BY
LILY HOROWITZ
FOUNDER OF
THE CORE METHOD**

**SPECIAL
WORKSHOP
SATURDAY
NOVEMBER 6
10AM-12PM
\$20 PER PERSON**

RSVP: 760-321-1548

 **CATHEDRAL CITY
SENIOR CENTER**

Meet Lily



The Core Method was founded in 1998 by Lily Horowitz, a leading certified Pilates instructor with over 30 years of experience in the fitness industry.

Lily was first exposed to Pilates 19 years ago as a student of the method. After personally realizing the benefits of the work, seeing changes in her own body and physical ability, she was then trained and certified.

Since then, Lily developed the Core Method: an instructional method based on the founding principles of Joseph H. Pilates and the integration of other core development techniques to create a total body experience for her clients.

Now she is bringing her wisdom and knowledge to work with people in the valley looking to get strong from the inside out!

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for the Cathedral City Senior Center
Saturday, November 6, 2021

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