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## Gentle Pilates

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.**

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**Dates:** Every Friday  
**Time:** 2:00pm – 3:15pm  
**Location:** Yoga Source  
16185 Los Gatos Blvd.  
Los Gatos, CA 95032  
**Questions:** Please email [cancersupportivecare@stanfordhealthcare.org](mailto:cancersupportivecare@stanfordhealthcare.org) or call **650.725.9456**.