

# Pilates Fundamentals for MIIA on Ompractice

**Mondays: April 24th - May 15, 2023 @ 4:30-5:00 pm EST**

Pilates is an innovative and safe mind-body exercise program focused on strengthening and aligning the entire body. **Join Certified Pilates Instructor Jayne Schmitz** as she guides you through a series of movements to strengthen the core, improve joint mobility, build total body strength, and improve flexibility.

This class is appropriate for all levels of fitness, no experience is necessary. A mat is recommended but not required; no additional equipment is needed.



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## What is Ompractice?

- Ompractice is a virtual platform offering over 100 live and interactive fitness classes weekly + special classes
- Classes include; yoga, meditation, tai chi, breathwork, pilates, sound bowls & more!
- Customize your experience by inputting any limitations/concerns prior to class in your private portal
- On demand video library is also available



**To register for FREE**, visit the URL below or scan the QR code!

**[app.ompractice.com/memberships/miia](https://app.ompractice.com/memberships/miia)**

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## How do I sign up for Pilates Fundamentals for MIIA?

1. Make sure you're registered for your free Ompractice membership (above). You must **FIRST** sign up for your free membership before registering for Pilates Fundamentals. **You should never be asked for credit card info.** If you are, make sure you're signed into your free Ompractice account.
2. Once signed into your Ompractice account, click the link below to register. You'll need to sign up for all four (4) classes individually. See you in class!

**[Click Here to Register for Pilates Fundamentals for MIIA](https://app.ompractice.com/memberships/miia)**