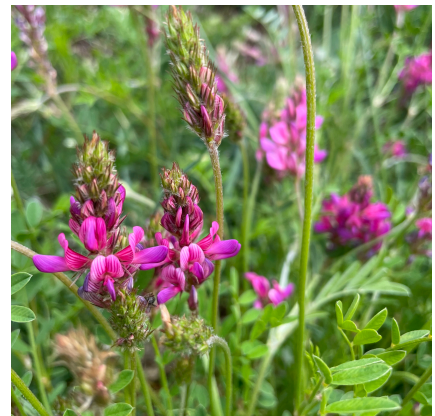


«Summer Pilates» in the Stazerwald 2022

In July and August, we move our Monday morning «Pilates mat» lesson to the fresh air – more precisely, to the wooden platforms in the Stazerwald. Would you like to start the new week by exercising in the fresh forest air among blueberry bushes, larches, mountain pines and stone pines? Then sign up now!



Day/time: Monday, 9:30 – 10:30 am (60 min.), meeting point see below
Dates: 4 / 11 / 18 / 25 July
8 / 15 / 22 / 29 August (no Pilates on 1.8. due to National Holiday)
Bring along: Your own Pilates mat, water bottle, clothing appropriate to the weather.
Trainer: NANEA Pilates, Franziska Clavadätscher
Cost: CHF 25 per lesson (or with NANEA subscription)
Registration: Required on www.nanea.ch/timetable (limited number of participants)

Meeting point: Always **9:10 am** at the car park in front of the San Gian church in Celerina.
From there we will reach the wooden platforms in about 10 minutes on foot.

In case of uncertain or wet weather, the lesson will take place in the NANEA studio (information will be given directly to the registered participants the evening before).