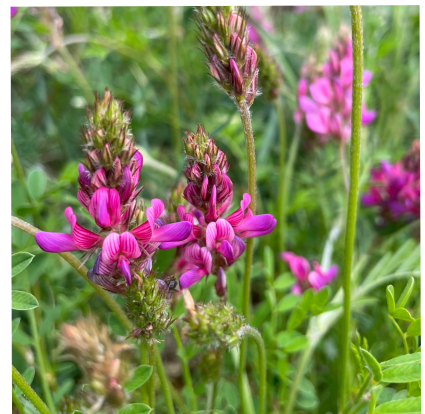


«Summer Pilates» in the Stazerwald 2023

In July and August, our Monday morning Pilates class will take place in the fresh air – more precisely, on 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 you're welcome to join us.



- Day/time:** Monday, 9:30 – 10:30 am (60 min.), meeting point see below.
- Dates:** 3 / 10 / 17 / 24 July (no Pilates on 31 July)
7 / 14 / 21 / 28 August
- 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)
- Teaching language:** German
- 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).