

PILATES AND YOGA FOR YOUNG ATHLETES

STABILIZE YOUR CORE
IMPROVE YOUR POSTURE
CREATE A BALANCED
BODY



Oakland
Mondays
7:00-8:00 pm
Sports Medicine
Center for
Young Athletes
744 52nd Street

**All participants must pass health screening in the Outpatient Center and wear provided masks.*

Who: Athletes of all types, age 12+
Max Participants: Eight, online registration only
Cost: \$20/class
Bring: Water, towel, mat (if you have one)

Online Registration Required:
<https://ucsfbch.regfox.com/pilates-yoga-for-young-athletes>