

COMING SOON

FALL 2024



CULTURAL WELLNESS
COMMUNITY HEALTH HUB

integrated somatic lifestyle and pilates center

Two basic forms of Pilates coming to the Community Health Hub

INTENSIVE MAT-PLUS (IMP)

A series of exercises performed on the floor using gravity and your own body weight to provide resistance. The main aim is to condition the deeper, supporting muscles of your body to improve posture, balance and coordination

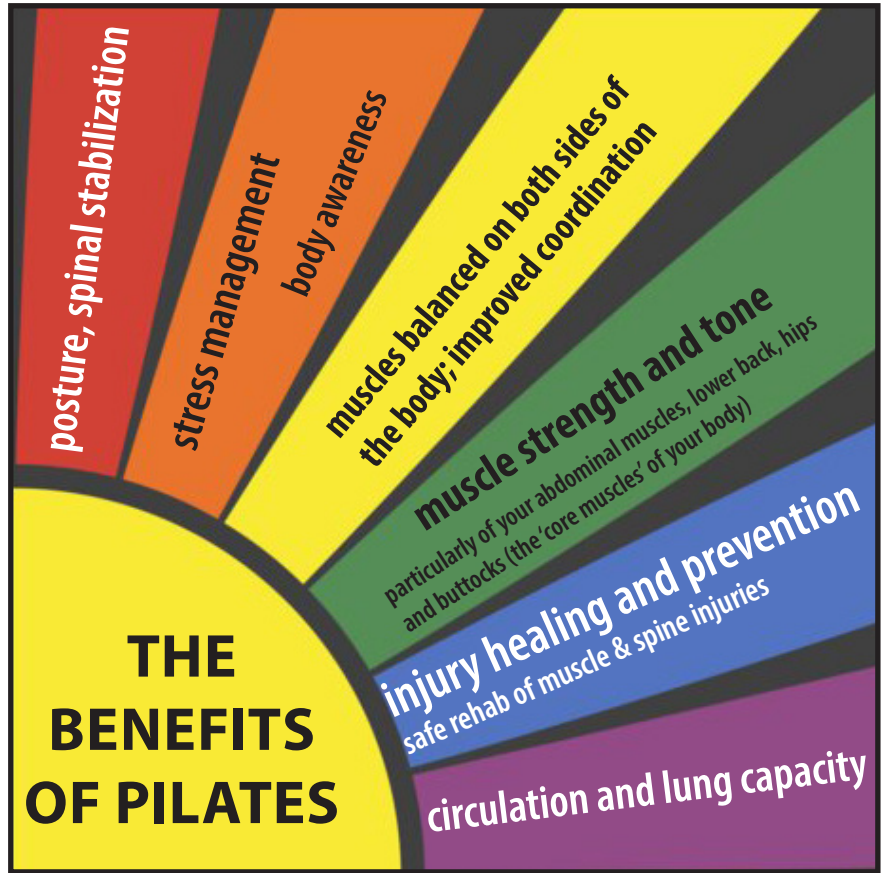
INTENSIVE REFORMER (IR)

This included working against spring-loaded resistance, the moveable carriage that you push and pull along its tracks.

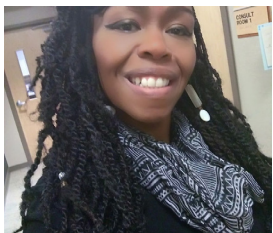


A typical Pilates workout includes a number of exercises and stretches. Each exercise is performed with attention to correct breathing techniques and abdominal muscle control. To gain the maximum benefit, you should do Pilates at least two or three times per week. You may notice postural improvements after 10 to 20 sessions.

Pilates caters to everyone, from beginner to advanced. Pilates started as a European practice. Now the Cultural Wellness Center is training Black instructors to bring the benefits of pilates to our communities.



MEET THE CULTURAL WELLNESS CENTER PILATES TRAINEES



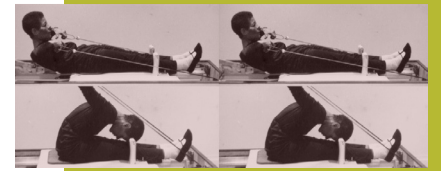
MAYA BROWN

With a background in mental health and seven years as a certified fitness instructor, I am Maya Brown, ready to support and guide you on your wellness journeys through Faith Harbor. Experience a new level of health and wellness intentionally designed to engage your mental health, faith, and fitness for your holistic well-being



REHTI MEKHA

Rehti has led internal and community-facing programs integrating whole-person fitness, spirituality, and well-being. She is certified as a personal trainer, Kentic Yoga instructor, and Pilates mat and reformer trainer. She leads the community to hear the messages their body shares and plays the role of mentor, leader, and healer. She is a Health Champion of the CWC's Community Health Hub and personal trainer and Pilates instructor for the YMCA of the North.



PILATES HISTORY: Kathy Grant

Kathy Grant (1921-2010) was a first-generation African American pilates instructor and dancer. After suffering a debilitating knee injury, she trained with Joseph Pilates and was able to dance again. She went on to train many instructors and improve the lives of thousands of students at pilates studios and the YMCA.



RYAN BARNES

Ryan received a Bachelor's Degree in Kinesiology from Iowa State University. Post-grad, Ryan obtained a Certification in Exercise Physiology to better understand how the body responds and adapts to physical activity. Ryan is the founder of Blair Ryan Health and Wellness, a unique player in the wellness industry, taking an innovative approach to providing health and wellness services that will leave you feeling stronger and healthier.



NIA ZEKAN

Nia works as a farmer and in craft education. She is looking to find and grow community in BIPOC wellness circles.



Learn more about our offerings and events, and register for classes on the Cultural Wellness Center facebook page!



Cultural Wellness Center

Health · Heritage · Harmony

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