



## Pelvic Floor Health Classes – Online

Intermountain Healthcare Pilates

### **Are you managing a pelvic floor disorder like incontinence, pelvic organ prolapse, or pelvic floor dysfunction?**

Intermountain Healthcare Pilates, in collaboration with Intermountain's pelvic floor physical therapists, now offers online classes specifically focusing on pelvic floor health. These classes will enhance your quality of life by teaching you proper breathing techniques and exercises designed to increase your pelvic floor muscle efficiency—all while developing greater awareness of your body and its functions related to the pelvic floor. Women and men of all ages are welcome to join!

### **What's the class schedule?**

This course is a four-week program that begins each month. Many class times are available. You will attend one class on Monday or Tuesday, and the a second class

on Wednesday or Thursday. Each class builds upon the concepts taught during the last class. Your classes will be led by an Intermountain Healthcare certified Pilates instructor. If you miss a class, a recorded class will be made available for you to watch.

**Register today by calling:  
(801) 314-2210**

This four-week program begins at the start of each month and is \$40 per participant.

Other questions? Please email  
**[PelvicFloorPilates@imail.org](mailto:PelvicFloorPilates@imail.org)**

