

## SOUTH WINDSOR SUMMER 2011

### GROUP MAT

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10 Flow (Tony)		10 Form (Tony)			10 Flow (Kelly)
	5 Flow (Angela)		6 Flow (Kelly)		

### GROUP REFORMER

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10 Form (Kelly)	10 AM Flow (Heidi)		10:00 Flow (Heidi)	9:00 Flow (Kelly)	8 Form (Kelly)
11 Challenge (Kelly)					9 Challenge (Kelly)
4:15 Form (Cate)	5:15 Challenge (Kelly)	5:30 Form (Tony)		4:30 Form (Chlake)	
6:30 Flow (Cate)		6:30 Challenge (Tony)			

#### Class Styles

All Classes 50 minutes unless otherwise noted. Students must receive instructor approval before joining challenge class.

**Form**– This class will emphasize proper form and will give you a great opportunity to get to know your body and what it can do! To ensure that you are working from the inside out, our cueing will build towards understanding and mastering of the basic principles of body awareness that Pilates is based on. (Appropriate for all levels)

**Flow**– Improve your body awareness and continue to build your muscular endurance with this advanced beginner/ intermediate class. Although most exercises are still essential level, this class transitions from one exercise to the next faster, to be more physically challenging and mentally demanding.

**Challenge**– Just when you think you know what you're doing... our intermediate level class adds more challenging movements to the essential level repertoire. The more complicated choreography of the intermediate level requires better balance, coordination, core strength and good listening skills.

#### Group Class Fees

**MAT GROUP**– Core training class will increase your muscular endurance, flexibility, and energy level, while reducing pain and stiffness in muscles. (Per class: \$15.90... 5 for \$74.30... 10 for \$127.20... 20 classes for \$238.50)

**REFORMER GROUP**– Conditioning on the reformer provides a balanced, full-body workout. Class size is limited to 6 to ensure safety on the equipment. (Per class: \$26.50... 5 for \$116.60... 10 for \$222.30... 20 classes for \$424)

\*\*\*CT Sales Tax included in all prices.

#### Refer-a-friend program:

The greatest compliment our clients can give is the referral of their friends and loved ones. Thank you for your trust.

Receive a free mat class for every referral, a reformer class for every 2, or a private lesson for every 5 referrals.

