



be  
motivated

# 2010 Spring Training Programs

Now is the time to get in the best shape of your life! Try something new and exciting! Sign up for an awesome new program and “spring” into summer!  
**REGISTRATION DEADLINE 3/31**

**Intro to Mat Pilates w/ Tracey Thursdays, beginning April 8<sup>th</sup> (8 classes) @ 6:30 p**

Come learn the basic foundations of pilates which are essential to experience the many benefits it provides, such as improved flexibility, improved posture, core strength and weight loss. Each class will have a specific foundational focus. Cost: \$120 per person

**Zumba Tone w/Liz Saturdays, beginning April 3<sup>rd</sup> (8 classes) @ 3:00 p**

Come for Zumba at 2 p then stay for more latin-inspired fun... join us for this basic weight training class. Learn simple exercises using your own body weight... you can do them anywhere! Great for those new to weight training as well as the seasoned lifter looking for new exercise ideas. Cost: \$120 per person

**Cardio Training w/Lisa Mons & Weds, beginning April 5<sup>th</sup> (16 classes) @ 4:30 p**

Take your current fitness program to the next level. This fun, high energy cardio class is for all fitness levels looking for a new challenge. Get a jump start on your summer body! Space is limited. Cost: \$192 per person

**Youth Yoga w/ Amanda**

**Saturdays, beginning April 3<sup>rd</sup> (8 weeks)**

**4 – 7yrs. @ 11:30a – 12:15p 8 – 10yrs. @ 12:30 – 1:15p**

Yoga teaches children self-control, cooperation, and respect for themselves and others. It helps to develop confidence and improve self esteem. In this fun, energetic class, they learn anatomy and basic yoga poses. Breathing and visualization teach them how to focus and relax.

Cost: \$64 per child \*Class meets in Kidtown and the Instructor will bring them down to the room

Interested in any of the above programs?

See the Front Desk to register or contact Tracey @ [tracey.enos@midtown.com](mailto:tracey.enos@midtown.com).

Deadline to register is March 31, 2010. Space is limited so sign up today!

**MIDTOWN**

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