

WINTER PROGRAMMING IS HERE!

Winter 1 – January 9th – February 5th

Deadline to register January 7th

Winter 2 - February 6th – March 4th

Deadline to register February 5th

Winter 3 – March 5th – April 1st

Deadline to register is March 3rd

Pilates Group Reformer:

Midtown's Group Reformer Training Program is a comprehensive exercise method for strengthening the core, increasing body awareness and improving flexibility through the spine and lower back. Pilates, when done at least 2 times per week as recommended, strengthens and protects muscles and joints from injury. Students will learn progressive exercises that will increase core strength, develop proper breathing and correct posture. Specialty classes are designed to focus on specific areas of concerns or for specific populations. **1 class per week - \$80 (\$20 per class), 2 classes per week - \$144 (\$18 per class), or drop-in \$25 per class. Mon / Wed at 9:30AM & 5:30PM, Tues / Thurs at 6:00AM.**



TRX Suspension Training:

TRX Training is a revolutionary method of leveraged body weight exercise. TRX exercises allow for the use of multiple planes of motion and work multiple muscles and joints simultaneously. Perform hundreds of exercises that build power, strength, flexibility, balance, mobility, and prevent injuries, all at the intensity you choose and most importantly, in a very safe, effective manner. TRX is fun and different. You won't be bored! Space is limited so sign up today. **1 class per week - \$80 (\$20 per class), or 2 classes per week - \$144 (\$18 per class). Mon / Wed at 9:00AM. Mon at 5:30PM; Thurs at 6:30PM; Sat & Sun @ 9:00AM.**



Ballet Fit

Midtown's Ballet Fit Program is a unique combination of ballet dance moves, strength exercises, flexibility training and Pilates based core strengthening exercises. Ballet training is not required. Students will learn progressive exercises that are designed to increase core strength, develop proper breathing techniques, correct posture, strengthen & elongate muscles, reduce stress, improve balance. **1 class per week - \$80 (\$20 per class), 2 classes per week - \$120 (\$15 per class), or drop-in \$25 per class. Mondays & Thursdays at 7:30PM.**



Space is limited so stop at the front desk today for more details and a registration form! Or contact Tracey Enos (tracey.enos@midtown.com) with additional questions.