

WINTER 2012

MIDTOWN

Pilates Reformer Group Training Program

SESSION DATES:**WINTER**

Four Weeks

February 6th- march 1st**Pilates Reformer Group Training:**

Midtown's Pilates Training is a comprehensive exercise method for strengthening the core, increasing body awareness and improving flexibility through the spine and lower back. Pilates strengthens and protects muscles and joints from injury. Students will learn progressive exercises that will increase core strength, develop proper breathing and correct posture.

Midtown reserves the privilege to group students based on previous Pilates experience.

Monday
6:00pmTuesday
1:00 pm
Chair/ reformerWednesday
6:00 am
6:30 pmThursday
1:30 pm**FEES:**

* 4 Week Session

Member \$144

Non-Member \$180

There are no make-ups

Minimum three (for class to start) maximum six students per class.

Class day(s): _____ Time: _____

Name: _____

Daytime Phone: _____ Evening Phone: _____

E-mail Address: _____

Previous Pilates experience: None Mat training Reformer training

Signature: _____ Date: _____

For more information contact Kathy Stella at kathy.stella@midtown.com