

PILATES PERFORMANCE

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OWNER/CERTIFIED PILATES INSTRUCTOR: MARY PAT BYRNE

SPRING SESSION, 2010

- Fundamentals** Designed for anyone new to Pilates. Learn simple exercises to develop abdominal and back muscles. Improve posture and flexibility. Develop the “core” to feel stronger from the inside out. Essential to begin here, regardless of fitness level!
- Core Integration** Integrate the fundamentals into exercises with added challenge. Feel core strengthen and improve flow of movement. Great intermediate class.
- Stretch & Balance** Focus on increasing flexibility and learn to improve balance while integrating your core in a variety of ways, performing both Mat/Standing exercises. Unique class; great for any fitness level! Fundamentals a pre-requisite.
- Vertical Pilates** Combine powerful yet fluid movement together, throughout a series of standing exercises. Feel invigorated from head to toe. Fundamentals a pre-requisite.
- Core Challenge** Feel the strength from within and work your body through a series of more challenging movement. Appropriate for intermediate to advanced participant.
- Power Pilates** Demanding and more complex whole body workout for advanced participant.

- Monday** **Six weeks** **May 10, 17, 31, June 7, 14, 21**
 9:30am - 10:30am *Vertical Pilates* * Instructor: Barb Hadath
- Six weeks** **May 17, 31, June 7, 14, 21, 28**
 4:15pm - 5:15pm *Core Integration*
 6:30pm - 7:30pm *Core Challenge*
- Tuesday** **Six weeks** **May 18, 25, June 1, 8, 15, 22**
 9:30am - 10:30am *Core Challenge*
 4:30pm - 5:30pm *Core Challenge*
 5:45pm - 6:45pm *Fundamentals*
- Seven weeks** **May 11, 18, 25, June 1, 8, 15, 22**
 7:00pm - 8:00pm *Vertical Pilates* * Instructor: Barb Hadath
- Wednesday** **Seven weeks** **May 12, 19, 26, June 2, 9, 16, 23**
 9:30am - 10:30am *Fundamentals* * Instructor: Barb Hadath
 5:15pm - 6:15pm *Vertical Pilates* * Instructor: Barb Hadath
 6:30pm - 7:30pm *Core Integration* * Instructor: Barb Hadath
 7:45pm - 8:45pm *Fundamentals* * Instructor: Barb Hadath
- Thursday** **Six weeks** **May 20, 27, June 3, 10, 17, 24**
 9:30am - 10:30am *Core Integration*
 5:45pm - 6:45pm *Stretch and Balance*
 7:00pm - 8:00pm *Power Pilates*

Register by e-mail or phone. Payment must be received prior to session starting.

COST (incl. GST): \$90.00 (6 weeks) \$105.00 (7weeks)

Cheque must be payable to **Mary Pat Byrne**. Mail to **PILATES PERFORMANCE**.

*** Notes: Fully equipped studio. Private and semi-private instruction also available.
Summer Session will run through July/August, 2010.