

# **PILATES PERFORMANCE**

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OWNER/CERTIFIED PILATES INSTRUCTOR: MARY PAT BYRNE

## **SUMMER SESSION 2010**

### Levels

- 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 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.
- Core Challenge** Feel the strength from within and work your body through sequences of challenging movements. Appropriate for intermediate to advanced participant.
- Power Pilates** Demanding, dynamic and more complex whole body workout for advanced participant.

### **Tuesday**

**July 13, 20, August 10, 17, 24**

9:30am - 10:30am *Core Challenge*

5:30pm - 6:30pm *Core Challenge*

### **Wednesday**

**July 14, 21, August 11, 18, 25**

9:30am - 10:30am *Fundamentals*

6:30pm - 7:30pm *Core Integration*

7:45pm - 8:45pm *Fundamentals*

### **Thursday**

**July 15, 22, August 12, 19, 26**

9:30am - 10:30am *Core Integration*

5:45pm - 6:45pm *Stretch and Balance*

7:00pm - 8:00pm *Power Pilates*

**COST: \$16.50 PER CLASS (INCL. HST)**

***PRE-REGISTER FOR ANY COMBINATION OR NUMBER OF CLASSES THAT YOU PLAN ON ATTENDING, IN ORDER TO ACCOMODATE YOUR SUMMER SCHEDULE! DO NOT DELAY!....FIRST COME, FIRST SERVED. CLASS SIZE IS LIMITED. PLEASE INDICATE CLEARLY, YOUR CHOICES OF CLASS DAYS/ TIMES WHEN SUBMITTING PAYMENT. PLEASE NOTE THAT CLASSES MAY BE ADDED OR CANCELLED, ACCORDING TO REGISTRATIONS.***

Please make cheque payable to **Mary Pat Byrne** and mail to **PILATES PERFORMANCE**.

*\*\*\* Note: Fully equipped studio. Private and Semi-private instruction also available.  
Fall session begins the week of September 13, 2010 (Fall schedule will have additional classes and times to that of the Summer schedule.)*