PILATES PERFORMANCE

826 King Street North, Unit 22, RR# 1, Waterloo, ON, N2J 4G8
P: (519) 664-1949 F: (519) 664-2705 E: info.pilatesperformance@gmail.com
www.pilatesperformance.ca
OWNER/CERTIFIED PILATES INSTRUCTOR: MARY PAT BYRNE

WINTER SESSION, 2012

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.**

Osteo-Core **Similar to Core Integration, with an emphasis on effective exercises for the spine and joints. Great intermediate class, especially for anyone with osteoporosis or osteoarthritis.**

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.**

Shape Shift **Move from the core and shift your body shape. Begin with a full body warm-up then progress in to series of vertical Pilates, cardio spurts and strength training. A mixed level class although Fundamentals is 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.**

(Please note that more detailed outlines for "Class Level Descriptions" are available on the website. Please enquire by email or phone, should you have any questions or require clarification for your class level choice.)

Monday Seven weeks January 2, 9, 16, 23, 30, February 6, 13
4:15pm - 5:15pm Core Integration
6:30pm - 7:30pm Core Challenge

Tuesday Eight weeks January 3, 10, 17, 24, 31, February 7, 14, 21
9:30am - 10:30am Core Challenge
5:45pm - 6:45pm Fundamentals
7:00pm - 8:00pm Shape Shift

Wednesday Eight weeks January 4, 11, 18, 25, February 1, 8, 15, 22
5:15pm - 6:15pm Core Integration
6:30pm - 7:30pm Core Integration
7:45pm - 8:45pm Fundamentals

Thursday Eight weeks January 5, 12, 19, 26, February 2, 9, 16, 23
9:30am - 10:30am Osteo-Core
5:45pm - 6:45pm Stretch and Balance
7:00pm - 8:00pm Power Pilates

Register by e-mail or phone. <u>Payment must be received prior to session starting.</u>
COST (INCL. HST): $136.00 (8 weeks)
$119.00 (7 weeks – Monday classes only)

Cheque must be payable to **MARY PAT BYRNE.** Mail to **PILATES PERFORMANCE.**

**** Notes: Fully equipped studio. Private and semi-private instruction also available.*
No classes on Monday, February 20, 2012 due to Family day.

Winter II session will *run through March-April, 2012.*