

PILATES PERFORMANCE

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OWNER/CERTIFIED PILATES INSTRUCTOR: MARY PAT BYRNE



WINTER-SPRING 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	Eight weeks	March 5, 12, 19, 26, April 2, 9, 16, 23 9:30am - 10:30am <i>Fundamentals</i> 4:15pm - 5:15pm <i>Core Integration</i> 6:30pm - 7:30pm <i>Core Challenge</i>
Tuesday	Eight weeks	March 6, 13, 20, 27, April 3, 10, 17, 24 9:30am - 10:30am <i>Core Challenge</i> 5:45pm - 6:45pm <i>Fundamentals</i> 7:00pm - 8:00pm <i>Shape Shift</i>
Wednesday	Eight weeks	March 7, 14, 21, 28, April 4, 11, 18, 25 5:15pm - 6:15pm <i>Core Integration</i> 6:30pm - 7:30pm <i>Core Integration</i> 7:45pm - 8:45pm <i>Fundamentals</i>
Thursday	Eight weeks	March 8, 15, 22, 29, April 5, 12, 19, 26 9:30am - 10:30am <i>Osteo-Core</i> 5:45pm - 6:45pm <i>Stretch and Balance</i> 7:00pm - 8:00pm <i>Power Pilates</i>
Saturday	Eight weeks	March 10, 17, 24, 31, April 7, 14, 21, 28 9:30am - 10:30am <i>Core Integration</i>

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

COST (INCL. HST): \$136.00 (8 weeks)

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

*** Notes: *Fully equipped studio. Private and semi-private instruction also available.
Spring session will run May-June, 2012.*