

PILATES PERFORMANCE

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OWNER/CERTIFIED PILATES INSTRUCTOR: MARY PAT BYRNE

WINTER SESSION II, 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** **Eight weeks** **March 1, 8, 22, 29, April 5, 12, 19, 26**
 9:30am - 10:30am *Vertical Pilates* * Instructor: Barb Hadath
- Eight weeks** **March 8, 15, 22, 29, April 5, 12, 19, 26**
 4:15pm - 5:15pm *Integration*
 6:30pm - 7:30pm *Core Challenge*
- Tuesday** **Eight weeks** **March 9, 16, 23, 30, April 6, 13, 20, 27**
 9:30am - 10:30am *Core Challenge*
 4:30pm - 5:30pm *Core Challenge*
 5:45pm - 6:45pm *Fundamentals*
- Eight weeks** **March 2, 9, 23, 30, April 6, 13, 20, 27**
 7:00pm - 8:00pm *Vertical Pilates* * Instructor: Barb Hadath
- Wednesday** **Eight weeks** **March 3, 10, 24, 31, April 7, 14, 21, 28**
 9:30am - 10:30am *Fundamentals* * Instructor: Barb Hadath
 5:15pm - 6:15pm *Vertical Pilates* * Instructor: Barb Hadath
 6:30pm - 7:30pm *Integration* * Instructor: Barb Hadath
 7:45pm - 8:45pm *Fundamentals* * Instructor: Barb Hadath
- Thursday** **Eight weeks** **March 11, 18, 25, April 1, 8, 15, 22, 29**
 9:30am - 10:30am *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.
\$120.00 (8 weeks/includes GST)

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 begins week of May 10, 2010.