

# NEW PILATES SERIES!

8 WEEK SERIES SEPTEMBER 7TH - OCTOBER 31ST, 2010

Monday	Tuesday	Wednesday	Thursday	Friday
	6:30-7:30 am 30/30 with Chelsea	7-8 am REFORMER II with Chelsea		7:30-8:30 am 30/30 with Soo
1-2 pm 30/30 with Joanne	1-2 pm PILATES-O with Jan	1-2 pm 30/30 with Soo	1-2 pm REFORMER I/II with Maria	
6-7 pm REFORMER II with Maria	6-7 pm PILATES-O with Jan			

Instructors subject to change.

## Class Descriptions

**INTRO TO PILATES:** Learn the fundamentals of Pilates using the mat and the reformer machine. These classes are intended to demystify the Pilates method and will focus on the individual needs of your body.

**REFORMER I:** Target your abdominal and postural muscles while learning how to use the Reformer Machine. Tone and sculpt your entire body using spring resistance.

**REFORMER II:** An intense hour that fuses core work, flexibility work, balance, agility and more. This Reformer class makes your body and mind buzz with energy.

**30/30:** 30 mins of Athletic Reformer Work and 30mins of lengthening, strengthening and core abdominal work.

**NEW PILATES-O:** The program combines stretch and relaxation techniques to drain the body of stress and its accompanying pain and strength, flexibility and agility training to give it the resilience to cope with stress and face new challenges.

### \$280 for 8 classes

8 classes to be completed within 8 weeks.

### \$245 for Monday classes

Due to Thanksgiving Holiday.



TORONTO  
ATHLETIC CLUB

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