



FAIRPLAY THERAPY CENTER

548C Front Street
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Beginner Mat Pilates



Pilates Method is an exercise system focused on improving flexibility and strength for the body, promoting physical harmony and balance. It is a series of controlled movements engaging your body and mind leaving you refreshed and alert with a feeling of physical and mental well being.

- **Learn the fundamentals of Pilates floor exercises and the principles of breathing, concentration and coordination.**
- **Build strength without “bulking up” gain long, lean muscles and flexibility.**
- **Develop a strong core – flat abdominals and a strong back.**
- **Create an evenly conditioned body and prevent sports injures.**
- **Learn efficient patterns of motion.**
- **Be confident and safe.**
- **Be challenged.**



Classes begin Monday, September 13, 2010 until Thursday, November 18, 2010
(20 classes, 10 Week Session)

Tuesday & Thursday, 1:00 p.m. – 2:00 p.m. (actual class 50 mins)
Classes are held upstairs at the Fairbarn

\$100 for 10 week session

Students are required to sign up for the entire 10 week program as regular committed attendance is extremely important for everyone in the class to build the same level of ability, strength and stamina and move forward as a group. No experience necessary.

Limited space available, so please call to reserve your spot!