



Suggestions for New Class Times?
WE WANT TO HEAR!

Class Schedule

Please call for private and duet hours.

De-shrug your shoulders.

MON	TUE	WED	THU	FRI	SAT
NOON	7:00 AM	9:00 AM	PLEASE CALL FOR TIMES	7:00 AM	8:30 AM
5:30 PM	8:00 AM	NOON		9:00 AM	10:30 AM
6:30 PM	9:00 AM	5:30 PM		NOON	BEGINNER CLASS Please call for time
7:30 PM	11:00 AM	6:30 PM			
	NOON	7:30 PM			
	5:30 PM				
	6:30 PM				
	BEGINNER CLASS Please call for time				

Each class is custom tailored for the needs of individual clients. No two classes alike. We custom mold and treat your body and goals for overall wellness.

TO REGISTER FOR CLASSES

www.FitWisePilates.com

VISIT OUR WEBSITE

PILATES

What Can Pilates Do For You?

In just a few weeks (2-3 classes / week), you will notice the following results:

- Increased Mind / Body Connection
- Improved Posture
- Relieve Back / Joint Pain
- Improve Flexibility, Agility & Balance

As workouts intensify and stamina increases, you will begin to see dramatic transformation:

- Weight Loss
- Flatter Tummy
- Added Height
- Slender Thighs
- Defined Arms
- Sculpted Back
- Improved Wellness & Vitality

Classes are 55 minutes unless otherwise noted.

	1	5	10	20
PRIVATE	\$70	\$340	\$650	
DUO (per person)	\$45	\$215	\$380	\$725
SMALL CLASS *	\$30	\$135	\$250	\$460

* Private session required prior to entering class.

REHABILITATION

The Pilates principle of core stabilization addresses posture, muscle performance and motor control – the same concepts that form the basis of most orthopedic rehabilitation and therapy. Physical therapists are using Pilates successfully to treat many common conditions and diseases, including:

Chronic neck and back pain, Sciatica, Shoulder impingement/tendonitis, Hip bursitis, Ankle injuries, Total knee/hip replacements, Multiple Sclerosis, Parkinson's Disease, Fibromyalgia and Scoliosis.

NUTRITION

Forget about your dieting history! You have a brand new opportunity to obtain optimal health / brain function and experience the sustained energy and unconditional happiness that come from eating the right foods.

Learn what your body thrives on, jumpstart your metabolic rate, and find out what is holding you back from getting your desired results.

Create an effective strategy to maximize nutritional intake and perform at your highest level.

Address food issues, food sensitivities and or allergies naturally and learn about alternatives to harsh medication with detrimental side effects.

60-Minute Consultation	\$68
60-Minute Consultation plus two 30-Minute Follow-Ups	\$140