



Look **YOUNGER,** Play **PILATES** **HARDER, WORKS!**



Let Nancy Griffin,
pilates expert and golf fitness coach,
get you into the best shape of your
life this year with new and traditional
pilates classes!

Peters Township Community Recreation Center
700 Meredith Drive, Venetia, PA 15367
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CLASS SCHEDULE Mar through Apr

	M	T	W	Th	F	S
SKINNY MIX PILATES	7-8pm		7-8pm			
BEST BODY PILATES		9-10am		9-10am		
SECRETS TO BETTER GOLF						9-10am
YOGALATES	6-7pm					
HOOPILATES				10-11am		



CLASS DESCRIPTIONS ON BACK



YOGALATES

Day: Monday **OR** Wednesday
Time: 6–7pm Mon.; 10-11am Wed.

Here's the class you've been waiting for. Imagine "the perfect latte": We blend the healing and flexibility benefits of Yoga with the strengthening and toning advantages of Pilates. This mat class offers your favorite pilates moves with relaxing yoga poses. Reduce stress and gain flexibility while flattening your abs, firming your butt and sculpting your body.

Minimum 8 - Maximum 20

Session 1 & 2 Fee:

\$56 Member / \$84 Non-Member

Monday classes will go through Mar. 8 - April 26



HOOPILATES

Day: Thursday in the Gym
Time: 10–11am

This class combines the calorie burn of hooping with body toning Pilates. It involves gyrations with colorful Hoops followed by Pilates. It's fun, sexy and is very aerobic. Nancy's philosophy is "Feel good in the Skin You're in! Hooping personifies that feeling of losing yourself in the hoop and the music. The hoop targets the obliques and hard to tone lower abs too, while burning 400 calories per hour. Second half of class is upbeat Pilates exercises focusing on the abs, butt and thighs. Bring your own mat and Hoola Hoop (fitness hoop available for \$26 or \$36, plus tax through Nancy Griffin). Pre-order suggested.

Minimum 8 - Maximum 30

Session 1 & 2 Fee:

\$56 Member / \$84 Non-Member

Thursday classes go through Mar. 11 - Apr. 29

SKINNY MIX PILATES

Day: Monday **OR** Wednesday
Time: 7–8pm

Get into your skinny jeans or out of your fat pants with this upbeat mat class. The experienced pilatean and the rookie get exactly what they need from this class whether it be slimming down, getting strong or reducing pain. Upbeat class includes free weights & small equipment. You will get motivated, transform your body... and be entertained. Not to be missed! 2 classes **per week recommended**.

Minimum 8 - Maximum 20

Session 6 Fee:

\$56 Member / \$84 Non-Member

Monday classes will go through Mar. 10 - Apr. 26

Wednesday classes will go through Mar. - Apr. 28

BEST BODY PILATES

Day: Tuesday **OR** Thursday
Time: 9–10am

Looking for more! Nancy doesn't waista a minute or a motion, every sequence is purposeful, well taught and precisely targeted to sculpt you from head to toe. Fast paced, challenging, pilates program will quickly reshape your body. This is for the Intermediate level student who wants faster pacing and lots of movement variety. Dynamic warm up, free weights, and complete mat repertoire followed by a great muscle lengthening warm down. 2 classes **per week recommended**.

Minimum 8 - Maximum 20

Session 6 Fee:

\$56 Member / \$84 Non-Member

Tuesday classes will go through Mar. 9 - Apr. 27

Thursday classes will go through Mar. 11 - Apr. 29

SECRETS TO BETTER GOLF

Day: Saturday
Time: 9–10am

Are you experiencing stiffness in your neck, back or shoulders...Inconsistencies in your swing? Increase your distance, add power and play at a higher level without pain. Complete golf fitness class includes golf training aids and balance tools. Pilates Mat exercises will improve your flexibility and your game. One swing clinic included with a PGA. Nancy's Book available for \$20 so you can continue improving your game at home. Instructor Nancy Griffin, All-American Pilates Golf Instructor (PGA National Resort).

Session Fee:

\$90 Member / \$135 Non-Member

Session 2: Feb. 13 - Mar. 20 (No class Feb. 27)

888.733.7375

www.SkinnyJeansForever.com



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