

**Be entertained,
BE INSPIRED,
& have fun
for a change!**



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

Peters Township Community Recreation Center
700 Meredith Drive, Venetia, PA 15367

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CLASS SCHEDULE Jul through Aug

	M	T	W	Th	F	S
SKINNY MIX PILATES	7-8pm					
BEST BODY PILATES		9-10am		9-10am		
iHOOPILATES NEW!		7-8pm				

CLASS DESCRIPTIONS ON BACK

NEW!

iHOOPILATES

Day: Tuesday in the Gym • Time: 7 - 8pm

This combines the calorie burn and fun of hooping with body toning Pilates. It involves gyrations with colorful Hoops followed by Pilates. It's fun, aerobic and most learn to Hoop in about 5 minutes. 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 hard to tone lower abs, while burning 600 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 (large hoop available for \$28 - \$33 through Nancy Griffin). Pre-order suggested.

Minimum 8 - Maximum 20

Session 1 & 2 Fee:
\$56 Member / \$84 Non-Member

Classes will go through July 6 - August 24

SKINNY MIX PILATES • LEVEL 1-3

Day: Monday

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. Instructor: Nancy Griffin.

Minimum 8 - Maximum 20

Session 6 Fee:
\$56 Member / \$84 Non-Member

Classes will go through July 12 - August 30

BEST BODY PILATES • LEVEL 2/3

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. Instructor: Nancy Griffin.

Minimum 8 - Maximum 20

Session 6 Fee:
\$56 Member / \$84 Non-Member

Classes will go through July 6 - August 26



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