



need **MOTIVATION?**

want a **FUN ROUTINE?**
that's appropriate for your body

PILATES
with Nancy Griffin is the
SKINNY JEANS!
SOLUTION!

8 8 8 . 7 3 3 . 7 3 7 5



Register Today!

Nancy Griffin,
Trainer, Entertainer & Fitness Personality

CLASS SCHEDULE Nov through Dec

	M	T	W	Th	F	S
SKINNY JEANS PILATES – LEVELS 1-3	7-8pm					
BEST BODY PILATES – LEVELS 1-3		9-10am		9-10am		

CLASS DESCRIPTIONS ON BACK

SKINNY JEANS PILATES – LEVELS 1-3

Day: Mondays • 7:00 - 8:00am

Finally a mat pilates class tailored to fit you! This 13 year veteran of the fitness industry shares her energy in an easy to follow format that challenges and encourages all levels. 30 minutes of strength and core work followed by 30 minutes of pilates mat work. No need to watch the clock, since Nancy will keep you laughing as you melt away inches and stress. Why not take a chance. Be brave, even bold and set a goal to begin a new program that's healthy and fun. All levels welcome.

2 Classes per week recommended. Instructor: Nancy Griffin.
Minimum 8 - Maximum - 20

Session Fee:
\$42 Member / \$63 Non-Member
Classes run Nov. 8th - Dec. 12th

BEST BODY PILATES – LEVELS 1-3

Day: Tuesdays or Thursdays

Time: 9am - 10am

Are you looking for an exercise program that's easy on joints, yet tough on muscles? Nancy's upbeat classes include 30 minutes of balance, free weight and core exercises, followed by 30 minutes of mat pilates. No need to watch the clock because time will fly. Nancy's enthusiasm and upbeat programming will keep you laughing and entertained as you melt inches and relieve stress. She will give you the drive to stick with a program of regular exercise that will get you back into your favorite jeans!

2 Classes per week recommended. Instructor: Nancy Griffin.
Minimum 8 - Maximum 20

Session Fee:
\$42 Member / \$63 Non-Member
Classes run Nov. 8th - Dec. 22nd
NO CLASS Nov. 24th (Thanksgiving)

About Nancy

Nancy Griffin is the owner of Skinny Jeans Forever a division of Scoop on Pilates, L.L.C. She is celebrating 13 years as a certified Personal Trainer, Pilates expert and Golf Fitness Coach. Nancy makes exercising a breeze, and getting into your skinny jeans a reality. If you are in need of a true motivator and stand-out trainer, Nancy can tailor a program to fit you! Want to give the perfect gift...Pilates Classes & Personal Training certificates available. Call or email Nancy@SkinnyJeansForever.com.



Copyright 2011. All Rights Reserved.

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

8 8 8 . 7 3 3 . 7 3 7 5
SKINNYJEANSFOREVER.COM

Six Classes Per Session - All Levels