

THE PILATES CENTER OF PITTSBURGH

FALL GROUP CLASSES - 10/11/09-12/20/09
 (Makeup Week: Jan. 3rd-9th) Holiday Schedule Dec. 21st-Jan 2nd

MONDAY

6:15pm-7:00pm Beginner Mat Aubrey	8:00pm-9:00pm Open Level Tower Kristen
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TUESDAY

6:00pm-7:00pm
Open Level Tower
Aubrey

WEDNESDAY

8:00am -8:45am Advanced Mat Lesley	9:30am-10:15am Open Level Mat Aubrey	5:15pm-6:00pm Fusion For Fitness Cecile	6:15pm-7:00pm Beginner Mat Cecile
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THURSDAY

6:15am-7:00am Early Risers Mat Cecile	6:15pm-7:00 pm Open Level Mat Michele
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FRIDAY

8:00am-8:45am
Intermediate Mat
Cecile

RESERVATIONS RECOMMENDED
ALL GROUP CLASSES SUBJECT TO A
24 HOUR CANCELLATION POLICY

Private and Semi-Private
Classes are available
throughout the week.

SATURDAY

9:00am-10:00am
Open Level Tower
Lesley

SUNDAY

9:00am-9:45am
Beginner Mat
Michele

SPECIALTY CLASSES/WORKSHOPS

Yin Yoga \$40.00

with Jen Saturday, Nov. 7th 11:30am-1pm
 Wednesday, Dec. 9th 7pm-8:30pm

Yin Yoga is more active than Restorative Yoga, but not a vinyasa class. It requires the use of props (blocks, straps, bolsters, blankets) to help the participant open up the flow of prana or chi (tied into the Chinese meridians) and also massage the connective tissues. Mainly a practice concerning the area between the waist and knee - lower back and hips are a focus. Yin helps us find stillness.

Ball-lates \$17.00

with Cecile Saturday, Nov. 7th 11am-12pm

The ball is a fun way to mix up your workout. Always moving with you, it challenges your powerhouse in unique ways. The ball is an awesome tool for improving balance, adding more fun to your Pilates exercises, and a dose of play to your day.

Ballet Workout \$17.00

with Aubrey Saturday, Nov. 14th 10am-11am

Experience why a dancer is shaped with long, strong muscles. A Ballet based workout focused on toning and developing strength and flexibility in the muscles of your whole body. Your hips, legs, feet, arms and backs will notice the difference right away.

Obama Arms \$12.00 BRING YOUR SNEAKERS!

with Cecile Saturday, Nov. 21st 9:30am-10am
 Sculpt your arms, shoulders, and back beautifully with this fun class. Get those Michele Obama arms everyone is always talking about!

Moonlight Madness \$17.00

with Lesley Friday, Jan. 15th 8pm-9pm
 This relaxing class is geared for unifying your body, mind, and spirit at the end of the day. Special lighting along with smooth movements from dance, Pilates, and yoga make for an enjoyable, feel good, inside and out class.

Getting Started In Pilates (tell your friends!) \$25.00

Saturday, Jan. 30th 11am-12 noon
 Calling all First-timers! The perfect way to kick start your exercise program this year. Appropriate for clients who would like to review the beginning level exercises.

******FALL IN LOVE WITH PILATES OPEN HOUSE******

SUNDAY, OCTOBER 15th 1:00pm – 4:00pm
 Join us for a refreshing afternoon of health, wellness and of course, Pilates. Try a new class, meet our faculty, attend a lecture, and sample area wellness businesses' services.