



# Pilates CLASS SERIES

WITH MONTSERRAT GONZALEZ

SUN  
9AM

## Mat Series for Beginners + Intermediate levels

SESSION 1 - August 1st - 22nd  
SESSION 2 - August 29th - September 26th \*skips Sept 5th

Get a strong, fit mid-section with the Pilates mat exercises! One of our largest and most dynamic areas, your "core" refers to the area between shoulders and hips. Join Montserrat as she takes you through a new slim, trim core training workout each week using mats, magic circles, foam rollers, and other fun Pilates props.

MAT SERIES  
**\$60** member  
\$75 non-member

SUN  
10AM

## Introduction to Pilates Equipment for Beginners

SESSION 1 - August 1st - 22nd

This is the perfect PRIMER to get MORE out of your class work. Get MORE results from your class work after this series. Beginner level students with healthy bodies are encouraged to join us in this progressive class format that will utilize mat exercises, the Wunda Chair, and the Reformer.

## Pilates Equipment for Beginner 2

August 29th-September 26th \*skips Sept 5th

If you have taken several beginners classes and want to graduate to an intermediate class, this is the series for you. Montserrat will deliver some very focused feedback and fine tuning on the basic Pilates equipment exercises, sequences, and form. Progress your skills to the next level and get more individualized attention to deepen your Pilates practice. Experience how Pilates can profoundly impact ALL your other fitness activities, sports, and posture.



*your instructor  
Montserrat Gonzalez*

EQUIPMENT  
SERIES  
**\$100** mem  
\$125 non

SUN  
11AM

## Introduction to Pilates Equipment for Beginners

SESSION 2 - August 29th - September 26th \*skips Sept 5th  
see description of the program above!