



Pilates Mat Classes

for beginners and intermediate students
are held at the Village Center

New class begins
Tues. April 12, 2005
7 to 8 p.m.

Cost for 6-week session:
\$65 for residents
\$75 for non-residents

Minimum of 10 students required; maximum of 15.

Pilates is a total-body conditioning program, which tones the body from 'the inside out' bringing about core-strength, muscle balance and proper spinal alignment. With a prime emphasis on proper breathing and form (quality versus quantity), the muscles are simultaneously stretched and strengthened, while maintaining a stable core from which all movement takes place. This class is not recommended for pregnant women or, unless directed by a physician, for those with more serious spinal conditions.

Instructor Ginger Russell has successfully completed a course in Matwork Exercises by the *PhysicalMind Institute*, and over two hundred hours of instructing this method.

Please bring a cushioned mat and bath towel.
Don't eat 2 hrs. before class.

