



www.MarathonPhysicalTher

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Pilates Registration

Sign up for:

- Pilates Group Mat Class WED 12:00 PM
- Core Conditioning Class TUES 12:00 PM
- Core Conditioning Class TUES 7:00 PM
-
-
-
-

Subtotal: _____

Total: _____

Name _____

Address _____

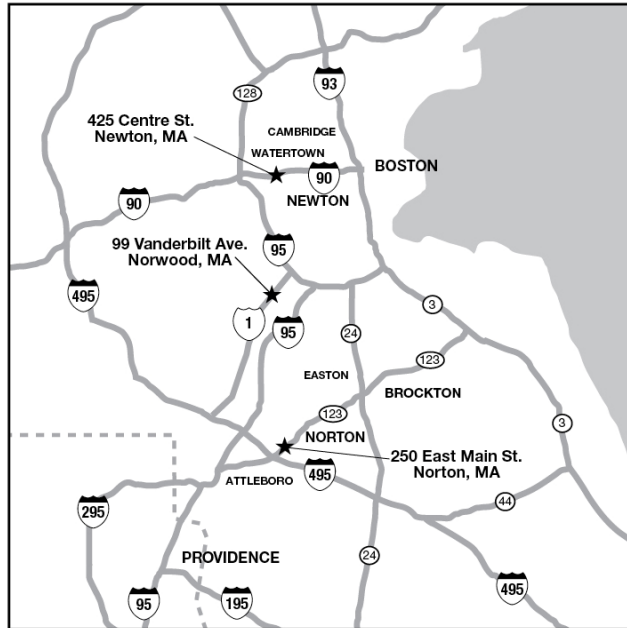
Phone _____

Method of Payment

- Check
- Visa
- MasterCard
- American Express

Credit Card # _____ Exp. date _____

Signature _____



250 East Main Street
Norton, MA, 02766

Phone: 508.285.5533
Fax: 508.285.7977

**CORE CONDITIONING
and
PILATES**

Group Sessions



*“Keeping you well through out
the RACE of life”*

250 East Main Street
Norton, MA 02766

Tel: (508) 285-5533

Pilates Training

Mat Class

This class is floor based focusing on the fundamental principles of Pilates: core stabilization, movement integration, breathing, and rib alignment. With a limited class size, client's receive hands on care that allow them to maximize their potential.

Class is limited to 10 students.

Wednesdays 12:00 PM



Private Sessions

Personal Training/Strength and Conditioning

Certified Strength and Conditioning Specialists are available to provide personalized exercise routines based on your needs and goals. Whether you are currently participating in fitness activities or are new to exercise, ensure your success with an individualized exercise program.



Massage

Massage therapy is used to help promote a balanced lifestyle and is an effective technique in preventative care and general wellness. No longer considered a luxury, massage is a recognized, effective treatment for many health conditions.

Core Conditioning

Core Conditioning Class

This class provides a safe, educational environment which welcomes post rehab patients. Class comprises exercises and stretches that build on rehab program and are designed to progress students moderately so as to avoid injury and promote healthy function and build core strength. Drawing from yoga, Pilates and exercise science disciplines, these workouts may include flexibility, stabilization and strength exercises using rollers, bands, yoga straps and other body weight to achieve desired results.

Class limited to 10 students.

Tuesdays 12:00 PM

Tuesdays 7:00 PM