



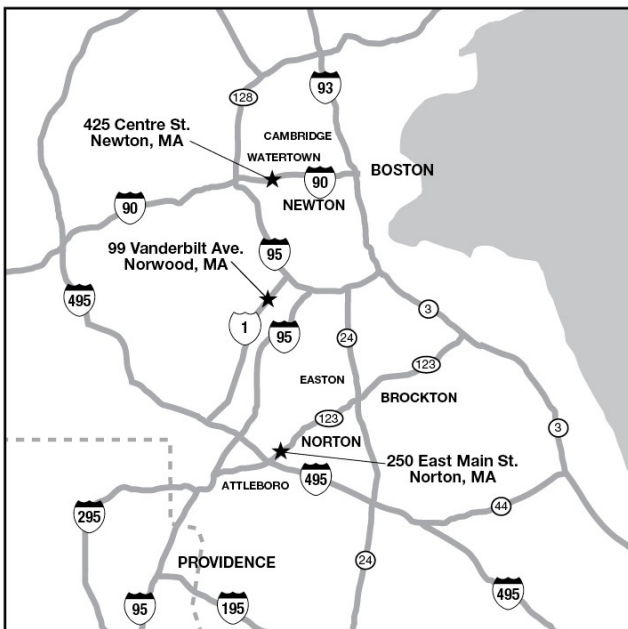
www.MarathonPhysicalTherapy.com

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Pilates Registration

Sign up for: **Semester I (1/3/11-2/27/11)**

- Pilates Intermediate Class TUES 7:00PM
 - Pilates Beginner Class THURS 7:00 PM
 - Pilates Pre/Post-Natal Class SAT 9:00AM
 - Pilates Beginner Class SAT 10:00 AM
 - Pilates Mat Class SAT 11:00 AM
- Subtotal: _____
- Total: _____



Name _____

Address _____

Phone _____

Method of Payment

- Check
- Visa
- MasterCard
- American Express

Credit Card # _____ Exp. date _____

Signature _____



425 Centre St
Newton MA, 02458

Phone: 617.244.1990
Fax: 617.244.1811

PILATES

Individual and Group Sessions



“Keeping you well through out the RACE of life”

425 Centre Street
Newton, MA 02458

Tel: (617) 244-1990

Pilates Classes

Beginners

This class will utilize both mat and apparatus based Pilates exercise to focus on learning and fine-tuning your ability to isolate and control your core stabilizers. Class limited to 4 participants.

Thursdays at 7 PM
Saturdays at 10 AM

Intermediate

This class will utilize the Tower Bar, Cadillac Table, Chair, Reformer, and Barrel, expanding your ability to utilize your core stabilizers with more challenging movements in a quick paced class. Class limited to 5 participants.

Tuesdays at 7 PM

Pre/Postnatal Pilates

This class will utilize Mat, Ball, Flex Ring, and Resistance Bands for core and total body toning during your pregnancy. With a focus on the core stabilizers, you will develop the coordination and strength needed to maintain a health body before delivery. *Non-mobile babies are welcome! Class limited to 5 participants.

Saturdays at 9 AM

Mat Class

This class uses the safe and effective Pilates mat exercises to develop core strength, improve posture and increase body awareness. Through limited class size and hands-on instruction, participants will learn correct form and achieve optimal results. Whether you are new to Pilates or a seasoned student, everyone will benefit from this challenging, whole body workout. Mats and small equipment provided.

Saturdays at 11 AM

Schedule & Pricing

Semester I:

January 3 through February 27

Intermediate Tues PM.....\$160

Beginner Thurs PM.....\$160

Pre/Postnatal Sat AM.....\$160

Beginner Sat AM.....\$160

Mat Class Sat AM.....\$96*

*or \$15 drop in



Pre-registration is required for all classes.

Private Training

Private Pilates Training

Utilizing the Pilates apparatus: Tower Bar, Cadillac Table, Chair, and Reformer, private lessons improve core stabilization, posture and correct dysfunctional movement patterns. Individual sessions are a great way to take your training to the next level; whether you're a novice or an elite athlete!

Individual sessions by appointment only.

Pricing

Introductory Special: 3 private

Pilates sessions.....\$125

Private Pilates sessions.....\$75

Duets, private Pilates sessions with a friend.....\$95

Pilates/Personal Training/

Massage Mix & Match:

5 sessions.....\$356

10 sessions.....\$675