



SLIM & Slender

Training: Semi-Private (max of 5 women/participants) – Wednesdays at 4:00 p.m. (starting November 1st).

Description of Training: This is a non-aerobic, 55-minute, semi-private training session for ladies -- dedicated to developing long, lean muscles through moderate to slow movements. The session will be a great combination of Pilates-type exercises designed to stretch, strengthen and lengthen your muscles. We will also focus on flexibility and all-over muscle tone. Your core muscles are targeted specifically – and are also utilized as they work to stabilize your body while performing exercises for back, legs, arms, and just about everything! You will not only build strength and improve posture, but this session will also help to build confidence.

Level: This session is for beginners, intermediate or advanced fitness enthusiasts, as everyone works at their own pace based on their abilities. Variations can be made to all exercises accordingly.

Equipment: The only thing participants need to bring is a yoga mat. All other equipment will be provided, including: physioballs (large fitness balls), resistance bands and tubing, yoga blocks, Spri Spongeballs, light medicine balls, sliders, light dumbbells.

Price: Clients will pay \$60 per month for 4 sessions (once per week @ \$15). Because this is a semi-private training group, participants must reserve their place with a credit card (and 24-hours notice is required for cancellations).

