



Pilates at Lunch

The Benefits of the Pilates Method

- Improved performance for dancers/athletes
- Fewer injuries for dancers/athletes
- Greater strength and muscle tone
- More efficient respiratory system
- More efficient lymphatic system therefore less toxins in the body
- More efficient circulatory system
- Lowered stress levels
- A flatter stomach and a trimmer waist through the creation of a natural girdle of strength
- Better posture
- Toned buttocks and thighs
- Toned arms and shoulder area
- Fewer headaches (where they are posture-based)
- Less incidence of back pain
- Boosted immune system
- Increased bone density
- Greater joint mobility
- Improved flexibility

Starting January 4, 2010
Mondays and Wednesdays
12:15 – 1:00

Abundance Wellness Center
325 John Knox Rd, Building T, Suite 1
545-3978

\$10 a session - or - \$80 for 10 sessions

Strengthen, Lengthen, and Tone your Body
Using a variety of small Pilates Mat equipment
(bands, rings, poles)

Limited - Call 559-0165 to
register

Qualifies for Capital Health Plan reimbursement
(\$150./yr)

“In 10 sessions you’ll feel better”
“In 20 sessions you’ll look better”
“In 30 sessions you’ll have a whole new body”
Joseph Pilates