

# Pilates Classes

at

Diane Cournoyer Dance Center 329 West Main Street, Northboro, MA 01532

with

Certified Pilates instructor

Christine Molloy

## Pilates I (Beginner level)

This class will give you detailed instruction and one on one feedback during every class. You will learn and practice all of the basic Pilates techniques: proper breathing, correct body alignment and core muscle control— the result will be abs, butt and legs in their best shape ever!

## Pilates II

(you must consult with instructor before participating in the intermediate level class)

You will work with an experienced Pilates instructor on how to take basic moves to intense levels using state of the art fitness props. You will perform powerful Pilates exercises that work your abs, legs and butt in every class. Bring your knowledge of basic Pilates principles and learn how to really challenge your core muscles and sculpt your body lean.

\*Pilates I - Saturdays 9:00-1000 a.m. 8 class session \$88.00

\*Pilates II-Saturdays 8:00-9:00 a.m. 8 class session \$88.00

Intermediate Pilates-Tues. 7:15-8:15 p.m. 8 class session \$88.00

\* The dance center holds the right to cancel class if there are not enough participants signed up.

Refunds will not be given for missed classes. It is recommended that you attend all 8 weeks without missing. Class size is limited. Send in your registration form along with payment as soon as possible to ensure a place in class.

(If attended previous session talk with Christine about makeup classes)

**To register for Pilates call the Dance Center at 508-393-9697**

If you have previously participated in Pilates classes please call Christine about class placement at 508- 870-5755