



DAWN TAYLOR
ACE Certified, 18 Years training on the Treasure Coast
PILATES FOR GOLF CERTIFIED

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GROUP SCHEDULE JULY – AUGUST 2007

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 GROUP REFORMER	9:00 GROUP MAT	9:00 GROUP REFORMER+	9:00 GROUP MAT	10:00 GROUP REFORMER	10:00 GROUP MAT
11:00 GROUP REFORMER	11:00 GROUP REFORMER	11:00 GROUP REFORMER	10:00 GROUP REFORMER	12:00 PILATES FOR GOLF	FREE FITNESS CONSULT
6:30 GROUP MAT	6:00 GROUP REFORMER	6:30 GROUP MAT	ASK ABOUT SUMMER SPECIALS	<i>Strengthen Stretch & soothe!</i>	MONTHLY PLANS

REFORMER+ CLASSES USE STUDIO APPARATUS including REFORMERS, CADILLAC, CHAIR, & PROPS to build balanced bodies through focused concentration on alignment, breath & core. \$35/CLASS (monthly)

PILATES MAT & PROPS FUNCTIONAL MAT EXERCISE USING BANDS, BALLS, &/or MAGIC CIRCLES with focus on breathing, abdominal awareness, and spine, shoulder, and pelvic stabilization. \$20/CLASS (monthly) walk-ins available, space permitting basis.

PILATES FOR GOLF functional strength/stretching to improve alignment, rotation & posture. This program will help you hit longer, straighter more consistently, \$160/ month

STUDIO GUIDELINES: EQUIPMENT: Mats, water, towels available or bring your own as you prefer

ATTIRE: Comfortable stretchy attire, clean bare feet or socks, hair band

ARRIVAL: On the hour, the door will be opened for group class setup

REMEMBER : Cell phones off, Avoid Perfumes, Shoes off at the door, No gum

INSTRUCTOR APPROVAL : Private Lesson(s) required for approval to join group classes. Individuals must be healthy with no physical restrictions.

GROUPS :

No refunds/ prorates/makeups. CALL TO CONFIRM GROUPS as schedule is subject to change.

CALL FOR YOUR FREE PERSONAL FITNESS ASSESSMENT and get ready to look and feel fitter

