

## \*Free Pilates Reformer Sample Classes Sign-up Online

Take yourself to whole new level using a traditional piece of Pilates studio equipment known as the Reformer.



All levels are welcome. Classes are 30 - 45 minutes. *\*one free visit per person*

The low impact + resistance exercises balance strength and flexibility to achieve a mind/body challenge. Integrating a Pilates regimen into your routine helps increase power and performance in your workout, your game, and everything you do!

Go to [www.embodysmovementpilates.com](http://www.embodysmovementpilates.com) for details and to access the schedule

**The Sample Schedule is subject to change  
please check online**

Mon	Tues	Wed	Thurs	Fri
	6:00am			
			10:00am	
	12:00pm	12:00pm		11:30am
5:30pm		5:30pm		
			6:00pm	

At LifeStart Fitness Center, **Embodys Movement Pilates** offers reformer classes, private and semi-private instruction by appointment. Go to [www.embodysmovementpilates.com](http://www.embodysmovementpilates.com) for more information or call us at 708.289.4973.