

Pilates Specifics

Elite Sports Club Brookfield West

Pilates For Strength

Session February 1 - February 23

Mondays 5:30 – 6:15 p.m.

or Tuesdays 11:00 – 11:45 a.m.

Boost your overall strength and muscle tone with progression-designed exercises involving free weights. Join certified Pilates Instructor, Mary Peret, for a fun class that will promote your natural sexiness with exercises designed to develop power and strength. We will use the precision and control qualities of Pilates to enhance a weight program designed to increase muscle tone, overall body balance and strength.

4 Week Session, 1x per week,

Member: \$59, Non-Member \$89

Pilates For Runners

Session Dates: March 1 - March 23

Monday or Tuesday 5:30 - 6:15 p.m.

Pilates for Runners will focus on generating powerful movement by developing uniform muscles top to bottom, front to back, and left to right. Join certified Pilates instructor Mary Peret in an informative class designed to enhance your agility, strength, and balance. Using the core-centered strength of Pilates, you will develop a dynamic line of energy enabling you to perform better and avoid injury. Beginner to experienced runners will benefit from the muscle balancing advantage of Pilates for Runners.

4 Week Session, 1x per week: Member \$59, Non-Member \$89

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