

"My goal as a Personal Fitness Trainer is to re-teach lessons of correct form, flexibility, and grace of movement, so that energy is not wasted through insufficient movement. Also, remove the stumbling blocks of insecurities and limitations so that you will achieve advancement in your being and spirit that will last a life time. I will guide you to control your muscles in a balanced way while maintaining mind body connection." Andi Hibbert

Specializing in Senior Fitness Programs for Individuals, Small, and Large Groups With over 28 years of experience working with elderly as a certified Home Health Aid and Senior Personal Trainer. Here is what one of my many clients have to say...

"Andi's classes have been a terrific help to my arthritic back and knees. She gives an excellent class with good, clear, instructions, and no two classes are exactly the same so they are always interesting and never boring. Best of all, I've dropped inches from my hips and thighs and can now wear a size smaller pants!"

Sue C., North Eastham

Balanced4fitness.com

508-240-2739

Certified * Experienced * Insured

Andi Hibbert
Private Pilates & Personal Training
Balanced 4 Fitness Studio
15 Pine Needle Way
Orleans, Ma. 02653



ANDI HIBBERT

Personal Training

Pilates Mat

Pilates Chair

Pilates Reformer

Spinning

Senior Fitness

Bosu Balance

Sport Specific

Body Building

Balanced4Fitness.com

508-240-2739

Certified * Experienced * Insured

Balanced 4 Fitness Studio



PILATES <> SENIORS <> SPINNING <> BOSU

Located in East Orleans, this private, non gym setting allows you to focus on your training and eliminate gym membership fees. Training Private or Semi Private. Small Group Classes offered for: Beginners, Intermediate, and Advanced levels of fitness.

Pilates Mat & Pilates Reformer

Pilates will strengthen and tone muscles, improve posture, increase flexibility, and balance and strengthen your back. The benefits of Pilates are so great that Doctors, Physical Therapists, Osteopaths, and Chiropractors are now prescribing Pilates exercises. Pilates gentle movements increase circulation of the body. Also, improves range of motion and helps the healing process of underdeveloped muscles.

**Classes by appointment
Call for availability**

Studio Schedule		
DAY	CLASS	TIME
Monday	SPIN FIT	10: -11 am
Tuesday	PILATES	4-5 PM
Wednesday	PILATES Tower/chair	4-5 PM
Thursday	Gentlemen Stretch	4-5:PM
Thursday	SPINNING	6 -7 PM
Friday	SPIN FIT	10: -11 am
Saturday	PILATES Mat	8:30-9:30 am
Saturday	SPIN FIT	10: -11 am
Sunday	Pilates	8-9 AM
Sunday	SPINNING	9:30-10:30 am

Spinning

An Indoor "Fat Burning" stationary cycling class for people of ALL ages and abilities. Superior "Fat Loss" by burning an average of 500 calories per ride! Spinning eliminates the pounding and stress on your joints that occurs in running and jogging. "After your proper riding form and riding technique have been established, get ready to have the ride of your LIFE."

Bosu

Bosu, an acronym for "Both sides up," is a dome shaped piece of exercise equipment with a solid flat 25 inch diameter bottom. Bosu is the ultimate in **Balance Control Training** using familiar workout elements such as leg lifts, lunges, and stretches. Each Movement improves your control with continued use. Bosu is endorsed by the U.S. SKI TEAM

**Balanced4Fitness.com
508-240-2739**