

BALANCED 4 FITNESS STUDIO TIMES

SPIN FIT

Monday 10 - 11 am

SPINNING

Tuesday & Thursday 7 - 8 am

PILATES MVe chair INTERMEDIATE/ADVANCED

Tuesday 4:45 - 5:45 pm

PILATES Tower INTERMEDIATE/ADVANCED

Wednesday 4 - 5 pm

PILATES Mat BEGINNER

Thursday 4 - 5 pm

BOSU TOTAL BODY

Thursday 5:30 - 6:30 pm

RATES for Studio East

Drop in \$18.00

4 classes \$60.00

10 Classes \$120.00

NAUSET ADULT ED -SUMMER 2008 Session

NEW LOCATION for evening classes Summer 7/7 08

Masonic Universal Lodge 107 Main street

ORLEANS Call 508-255-4300 to register

F-9 COMPLETE BODY CONDITIONING

Monday & Wednesday 5:45 – 6:45 pm

Class Location Universal Lodge 107 main street Orleans 7/7/08

Whatever your fitness goals are including fat loss, muscle gain, increased flexibility, core strength, balance or just general improvements and more energy, this class is for you! You will be guided through this class to implement the best training session for your fitness level. Each session will include a fat burning cardio segment, strength and toning. Pilates core strengthening, flexibility and gentle stretching cool down and mind relaxation. You will learn proper form and technique to last you a life time. Bring mat, 2-3 lb. weights, water and a 7 inch squishy ball (ball can be purchased at start of class \$8)

Class Fee 508-255-4300 or nausetcommunityed.org

Starter Fitness pack (optional purchase) Deluxe Yoga Mat with carry straps, Small squishy ball, 6 FT. Yoga band \$35.00

F-10 MAT PILATES

Tuesday 6:00 – 7:00 pm

Class Location Universal lodge 107 Main street Orleans 7/7/08

Pilates is a unique non-impact system of strengthening and stretching exercises developed over 90 years ago. It is a blend of Eastern and Western philosophies of Yoga and Martial Arts. The yoga lends its Breath and stretching of the muscles, the Martial Arts lend its concentration, focus and precision moves. There are 44 Mat exercises ranging from Basic beginner to super advanced. You'll be introduced to the first 7 – 9 Basic Mat exercises. In each different exercise sequence you'll incorporate your entire body and mind to perform 6 – 10 repetitions before moving on to the next Mat sequence. The goal of MAT work at any level is to create a natural flow of movement without sacrificing control. Pilates will improve Strength, Flexibility and Balance. Tone and build long, lean muscles without bulk. Restore postural alignment, increase range of motion and Challenge Deep Abdominal muscles to support the core. Pilates conditions the body from head to toe with no-to low impact approach suitable for ALL AGES and ALL ABILITIES.

It requires patience and practice. Bring a mat and water bottle. A Pilates Prop fee will be collected by the instructor at the first session. Heavy 6 FT Dyna Band \$8 and a 7 inch squishy ball \$8 or both band & ball for \$15

Class Fee Call 508-255-4300 or nausetcommunityed.org

Pilates Fitness pack (Optional purchase) Deluxe Yoga Mat with carry straps, Small squishy ball, VHS mini ball video, 6 FT. dyna band \$35.00

F-11 Pilates Total Body Conditioning

Tuesday and Thursday 9:45 – 11:00 am

Class Location "Life Center" 47 Main St. Orleans

Streamline your body; focus your mind with Classic Mat and Wall exercises. This class will focus on the "powerhouse" (core strength) and body alignment. Improve your posture, increase flexibility and balance-strengthen and tone your muscles. Everyone can incorporate the Pilates Method into their lives. Bring water, towel, 2 or 3 lb weights.

Class Fee 508-255-4300 or nausetcommunityed.org

Challenge Fitness Pack (Optional purchase) -Small squishy ball, 6 FT. dyna band, weighted 4 pound mini body bar \$35.00) Pilates Pro ring \$50.00

F-12 Spring Shape Up NEW

Wednesday 11:00 – 11:45 am Class location "Life Center" 47 Main

St. Orleans Out of Shape? Can't stand for long periods of time? This class is for the under active, out of shape, and new to fitness crowd. A 45 minute beginner into fitness program that uses chairs for seated exercise movements

and aids in standing poses; light weights and props to help modify movements at a gentle slow pace. Learn movements to help range of motion and gain strength that can be done at home, bring water and yourself. For information call Andi Hibbert at 508-240-2739 Balanced4fitness.com

Class Fee 508-255-4300 or nausetcommunityed.org

BEGINNER Fitness Pack (Optional purchase) Small squishy ball, 6 FT. dyna band, 2 pound weights \$20.00

NEW Guided Gentle Stretch

Class location

Balanced 4 Fitness Studio, 15 Pine Needle way Orleans

Class fee 508-255-4300 or nausetcommunityed.org

Monday & Wednesday 7:15-8:00 PM

A gentle 45 minute guided stretch to relieve tension from your lower back, this is not a Yoga class. Small props will be used, soothing meditative music will help you relax, stretch and lengthen those tight muscles

Call Andi 508-240-2739 Balanced4Fitness.com

PRIVATE SMALL GROUP TRAINING (No more then 6-8 participants)

At Balanced 4 Fitness Studio

Call 508-240-2739 or

e-mail 4fitness@onebox.com for availability on class openings

Private Personal Training & Pilates Reformer, Tower, MVe Chairs

Semi- private/couples Training