

YOUR TRAINERS



CAROLYN MACK

Carolyn holds an advanced Level II Pilates Certification from Stott Pilates, a contemporary approach to the original mind-body exercise method pioneered by Joseph Pilates. Carolyn is also a certified personal trainer, yoga instructor and group fitness instructor.



ALISON BRIELE

Alison received her Pilates training from Julian Littleford of JL Body Conditioning, and has several years experience as a Pilates teacher as well as a solid professional dance background.



ANDREW JONES

Andrew received his Pilates training from Julian Littleford of JL Body Conditioning, and incorporates the New York style of training in his Reformer and Cadillac routines. Andrew also

has a 200-hour Anusara yoga teacher certification and is also a certified massage therapist.



JILL DOWLER

Jill received her Pilates mat and apparatus certifications from Balanced Body. She has Bachelor's Degree in Physical Education from San Diego State University.

SIGN UP TODAY!

For more information or to schedule your private Pilates Studio Training call **760.942.9622 x1811**.

Please leave a message. The Pilates Coordinator will return your call.

PILATES STUDIO TRAINING

FEES

Private Sessions:

\$62 member | \$79 non-member (single)
\$222 member | \$278 non-member (4-pack)
\$428 member | \$531 non-member (8-pack)

Semi-Private Sessions*:

\$46 member | \$57 non-member (single)
\$165 member | \$201 non-member (4-pack)
\$314 member | \$397 non-member (8-pack)

Prices subject to change.

**For safety reasons, every participant is required to complete ONE PRIVATE SESSION as a prerequisite to semi-private training.*

TO PURCHASE SESSIONS

Sessions may be purchased at the Registration Desk or by phone at **760.635.3050**.

CANCELLATION POLICY

24 hour notice is required for cancellations. Appointments cancelled without notice will be charged full price.

IMPORTANT

Medical clearance is required for participants with chest pains, dizzy spells, high blood pressure, diabetes, respiratory problems, pregnancy, arthritis, or for those over 65 and unaccustomed to vigorous exercise.



BENEFITS OF PILATES

- Strengthens the lower back, abdominal and core muscles.
- Builds a stronger, leaner, streamlined body with greater integrated strength.
- Increases flexibility and range of motion around the joints.
- Relieves many types of back and joint pain.
- Improves posture, balance and coordination.
- Develops the longer, stronger and firmer muscles of a youthful body.

- Strengthens deep abdominal and pelvic floor muscles, decreasing and even eliminating incontinence.
- Increases bone mass guarding against Osteoporosis and Osteopenia.
- Creates core stability.
- Enhances athletic performance and reduces risk of injury.
- Provides gentle, effective post-rehabilitation after injuries and surgery.
- Helps to heal many types of foot injuries, including Plantar Fasciitis.

PILATES CAN CHANGE YOUR BODY!

Pilates is a safe and effective low-impact way to stretch, strengthen and streamline your body without building bulk. One of the greatest benefits of Pilates is strengthening the core, the muscles of the abdominal region and the lower back. As weaker areas gain strength and tighter areas become more flexible, your body will maintain better alignment and balance. The increased core strength and enhanced flexibility diffuses tension and stress from the spinal column, thus reducing pain and fatigue. Most significantly, this will improve posture and dramatically reduce chronic lower back pain.

Our fully-equipped Pilates Studios feature four Reformers, the Cadillac, the Stability Chair, Ladder Barrel and more. All equipment is specifically designed to enhance the effectiveness of the Pilates strength, flexibility and balance exercises.

We offer both private and semi-private lessons with experienced, certified trainers who are well versed in a variety of Pilates methods. Each session is 55 minutes, and the workouts are developed to meet your needs and goals. You will benefit from undivided attention, detailed instructions and expert guidance. Pilates Studio Training is a step beyond—and a great supplement to—your Pilates mat classes.

