



# PILATES



STUDIO JEAR PILATES INSTRUCTOR "NICOLE" – TUESDAY EVENINGS

## TUESDAYS

5:45PM TO 6:45PM

## THURSDAYS

10:00AM TO 11:00AM

### THE BENEFITS OF PILATES

Pilates can really make a difference in your health without taking a toll on your body.

### A refreshing mind-body workout

By emphasizing proper breathing, correct spinal and pelvic alignment, and concentration on smooth, flowing movement, you become acutely in tune with your body. You actually learn how to control its movement.

In Pilates the quality of movement is valued over quantity of repetitions. Proper breathing is essential, and helps you execute movements with maximum power and efficiency. Last but not least, learning to breathe properly can reduce stress.

- ❖ Develop a strong core - flat abdominals & a strong back
- ❖ Gain long, lean muscles and flexibility
- ❖ Prevention and treatment of back pain.
- ❖ **It's Ah-Mazing for Your Abs**



STUDIO JEAR PILATES INSTRUCTOR "KELLY G!"

THURSDAY MORNINGS!

**NO MEMBERSHIP FEES OR CONTRACTS**

**It's gentle...**

Many of the exercises are performed in reclining or sitting positions, and most are low impact and partially weight bearing. Pilates is so safe, it is used in physical therapy facilities to rehabilitate injuries.

**COST: \$8** per hourly class

- Monthly Passholders – this class is INCLUDED!

*\*Cash or check payable to Studio Jear\**

### BUT IT'S ALSO CHALLENGING...

PILATES IS ALSO AN EXTREMELY FLEXIBLE EXERCISE SYSTEM. MODIFICATIONS TO THE EXERCISES ALLOW FOR A RANGE OF DIFFICULTY RANGING FROM BEGINNING TO ADVANCED. GET THE WORKOUT THAT BEST SUITS YOU NOW, AND INCREASE THE INTENSITY AS YOUR BODY CONDITIONING IMPROVES.

**STUDIO JEAR GROUP FITNESS**

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