

Starts March 14th

Pilates Group Equipment classes

New to
Breakthru

A Pilates membership with unlimited access to all of our Pilates Group Equipment Classes!

- For those who have never done Pilates
- For those who have been doing Pilates for a while
- For those who want to try something completely different

Our expanded schedule offers three very different classes — giving you a chance to experience Pilates in a way that appeals to you, fits your skill level and is tailored to your goals.

Pilates Group Equipment Class Membership: \$175 per month—unlimited classes, \$120 per month—four classes per month. Sign-up at the front desk is on a first come basis, cancellation less than 24 hours preceding a class will result in a \$10 cancellation penalty. Non BTF Members \$225.00

- 1 Essential** — If you've never done Pilates or haven't done it in a while, this is the class for you. Classic repertoire, core strength, adherence to good form and increased flexibility are the goals of this class. Learn to control and increase the range of your movement as well as strengthening all of your intrinsic core stabilizing muscles. **Group reformer classes limited to 5.**
- 2 Experienced** — If you've been doing Pilates for a while and know the great benefits it can bestow; if you want to increase the level of your work and the demand on your body, learn new movements and challenge yourself even further. Core strength, adherence to good form and increased flexibility are still a great part of this program, but now we'll begin to involve more complex phrases of movement. **Group reformer classes limited to 5.**
- 3 Electric Pilates Circuit** — If you've been doing Pilates and want something fun and a little different; if you want to sweat and get your heart pumping this is the class for you. Again core strength and good form are important but we're going to move much faster through the repertoire keeping it simple and strenuous. Now you can challenge your core strength as well as your endurance. **Group Pilates circuit classes limited to 10.**

Breakthru Fitness

626.396.1700
www.breakthrufitness.com

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6AM		Experienced		Experienced			
7AM		Electric Circuit		Electric Circuit			
8AM		Essential		Essential			
9AM	All Levels		All Levels		All Levels		
5PM	Electric Circuit	All Levels	Electric Circuit	All Levels			
6PM	Experienced		Experienced				
7PM	Essential		Essential				

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