

Beginner Pilates – 8-week Group Training Program

Program Description:

The Bodhi Body Beginner Group program is designed for able-bodied individuals who seek to enhance and improve whole-body health with Pilates.

- **Improve Body Awareness, Posture, Breathing, Core Support, Flexibility, Strength, & More...**
- **Learn Pilates exercises on the Reformer, Mat, Cadillac, (and perhaps other supplemental equipment & exercises, based on the group.)**
- **No prior Pilates Experience needed.**
- Share the **camraderie** of working in small group environment **to make learning FUN**. *Class size is small enough to get individual attention. (Min of 4 and Max of 8 participants per group.)*
- **Discover how Pilates can enhance your well-being, and improve how you move.** With time and practice, you'll be able to apply your Pilates principles to other exercises, workouts, and daily activities to enhance your life.

***if you have any chronic health issues or medical conditions, and are interested in Pilates, please contact me for an Initial Consultation and Private Training.*



Instructor: Aliesa George, NPCT (*Nationally Certified Pilates Instructor*) ACE-Certified Personal Trainer and Group Ex Instructor, IIN Health Coach, Fascia Stretching Coach, Founder of Centerworks® and Bodhi Body Pilates.

Class meets twice a week for 8 weeks. Enroll in either M/W or T/Th. It is optimal that you attend all classes, as this is a progressive program (*you will be learning new exercises & reviewing exercises during every class.*)

Beginner Pilates CLASS DAYS & TIMES:

○ **Monday & Wednesday**
4:30pm-5:25pm

○ **Tuesday & Thursday**
5:30pm-6:25pm

8-Week Session Dates: February 17 – April 9, 2020

8-Week Session Fees: \$600 paid in full or 2 payments of \$300. (*Payment reserves your spot.*)

Location: Bodhi Bodhi Pilates, 520 S. Holland, #203, Wichita, KS 67209



A Centerworks® Pilates Studio
www.BodhiBodyPilates.com

Questions, and/or To Register Please Contact:

Aliesa@BodhiBodyPilates.com

or call (316) 530-3753