

Beginner Mat Class

Saturday 10am-11am (\$12)
(starting Aug. 1st)

Intermediate Mat Class

Saturday 11am-12am (\$12)
(starting Aug. 1st)

Private Mat Sessions

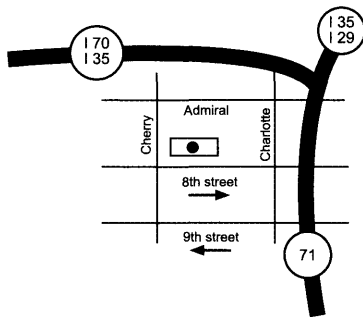
Available throughout the week (\$30)

Contact: Shannon Mortimer @ 917.572.7299 or shannonmortimer@yahoo.com

Shannon Mortimer completed her Pilates Mat certification in September 2006 and Pilates Equipment certification in May 2007. Her background is in Ballet and Modern Dance. She has her Bachelor of Fine Arts in Ballet and has danced with New York Theatre Ballet (NYC), Opus Dance Theatre (NYC), and Storling DanceTheatre (Kansas City).

Why Pilates?

- Works your body from inside out, distinguishing it from most exercise routines that work from outside in.
- Founded on principles of core strength, breath, balance, body awareness and flexibility.
- Offers a unique, customized workout for individuals of all ages, body types and levels of fitness.
- Benefits unseen, inner muscles for support, posture, and overall health.
- Benefits larger outer muscles for a strong and well defined physique.
- Produces stronger, longer, leaner muscles, that are more able to do anything with grace and ease.



"In 10 sessions, you will feel the difference. In 20, you will see the difference. And in 30, you'll be on your way to having a whole new body." -Joseph Pilates

FREE PRIVATE MAT SESSION!

Call to set up a free customized workout!