

PILATES IN THE STUDIO

WHAT IS PILATES?

Pilates is a low-impact exercise that emphasizes proper postural alignment, core strength and muscle balance. Pilates is named for its creator, Joseph Pilates, who developed the exercises in the 1920s.

WHAT ARE THE BENEFITS OF PILATES?

The benefits of practicing Pilates include:

- Increased lung capacity and circulation through deep breathing
- Increased core strength and flexibility
- Balance and posture enhancement
- Muscular and mental coordination
- Increased bone density and joint health

KINGSBURY PILATES INSTRUCTORS:



Lisa Karger



Marcella Pannenburg

PILATES TRAINING RATES

Private Instruction

Members: \$80.00
Non-members: \$90.00
Members 5-Pack: \$387.50
Members 10-Pack: \$750.00

Duet

Members: \$55.00
Non-members: \$65.00

Trio

Members: \$45.00
Non-members: \$55.00

Quad

Members: \$30.00
Non-members: \$38.00

Registration Form - Pilates in the Studio

Participant _____ DOB _____ Member No. _____

Address _____

Phone _____ Email _____

Emergency Contact _____ Phone _____

Day/Time _____

Member Type: Member Non-Member

Payment: House Charge (members only)

Check (make check payable to: Kingsbury Club Medfield)

Credit Card Type/Card Number _____ Exp.Date _____

The Kingsbury Club reserves the right to photograph program participants for publicity purposes, in print or electronic media.

Parent's Signature: _____ Date _____