



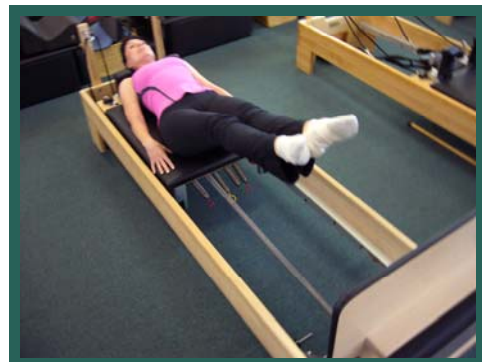
presents

March Specialty Class: JUMP BOARD INTERVAL TRAINING With Paula Anderson

Saturday, March 27
9:30 am~10:45 am or 11 am ~12:15 pm

COST: \$15 per person

This class combines 3-5 minute intervals of calorie burning Jump board combinations separated with intervals of upper and lower body strength and flexibility exercises on the Reformer. It will be an invigorating, fat burning and muscle toning workout! This class will elevate your heart rate into your cardio zone while focusing on proper jumping techniques with a fast and fun format. Reformer experience is recommended. Open to clients and the Pilates community. Below: PPC client and BBU student, Sandra Hergert, demonstrates jumping on the Reformer.



Your payment reserves your spot!!!! Space is limited.

www.pilatespowercenter.com

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