

*TOTAL BODY MAKEOVER*  
*WITH*  
*FUNCTIONAL CONDITIONING*



**Monday & Wednesday 9:30 a.m.**  
**Beginning Jan 2, 2012**

*Functional Conditioning* is a method of exercising that mimics the way you move in everyday life by integrating multi-joint movements that work several muscle groups simultaneously. Functional Conditioning is a blend of **Pilates** and **traditional toning** that will build strength, flexibility, improve balance, and posture.

It is a full body workout that is easily adapted to many fitness levels. Whether you're looking for a way to get started exercising or just improve your current workout regiment, **this program is for YOU!**

When we strengthen and stabilize the core, we can increase the flexibility of our spine, stretch our muscles, and improve the range of motion in our joints.

**Other benefits:**

Reduce stress, relieve tension, and boost energy through deep stretching.

Restore postural alignment.

Create a stronger, more flexible spine.

Increase joint range of motion and improves balance.

Improve circulation.

Heighten neuromuscular coordination.

Improve the way your body looks and feels.

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\$3.00 PER CLASS  
PUNCH CARD \$30 = 11 CLASSES