

# PILATES 101 INTRO PACKAGE *By appointment!*

***Solo Three-Pack to get you started!***

## WHAT?

**Three 45-MINUTE sessions with a STOTT PILATES Trained and Certified Professional Studio Instructor.**

**First Meeting:** Private Consultation including Health History, Waiver, Medical Consent Forms (when it applies), Posture Analysis, Goal Planning, and Presentation of 5 STOTT PILATES Principles.

**Second Meeting:** Essential (Beginning level) STOTT PILATES Warm-up, Essential (Beginning Level) Mat and Reformer Exercises

**Third Meeting:** Continuation of Essential (Beginning level) STOTT PILATES Mat and Reformer Exercises.

## WHY?

STOTT PILATES provides a means of training to both understand and achieve proper alignment of spine and extremities in static poses, and throughout a range of dynamic action. Control of body and breath helps deliver quality workouts, while also supporting safe and effective use of equipment and props to develop or enhance strength, muscular endurance, joint stability, flexibility, balance and coordination. A variety of exercises are sure to inspire program adherence, which in turn will greatly assist with goal achievement. A fitter, stronger, more energetic "YOU", is sure to boost confidence, enhance productivity (in sports and in lifestyle activities) and maintain that beautiful sense of "feeling good." Whether stepping out on the competition floor (stage/court/arena/field), or engaging in daily lifestyle activities, **YOU will come to enjoy the many attributes STOTT PILATES presents.**

## How Do I Sign up?

Please leave your name and contact information at the Customer Service Desk, or Contact our Professional Pilates Staff Directly to schedule your first session.

Laurie Berggren	<a href="mailto:Laurieb@tenandfit.com">Laurieb@tenandfit.com</a>	Tel. 708.829.4004
Anja Munch	<a href="mailto:Anjam@tenandfit.com">Anjam@tenandfit.com</a>	Tel. 612.481.0994
Renee Raines	<a href="mailto:Reneer@tenandfit.com">Reneer@tenandfit.com</a>	Tel. 708.692.4337
Darryl Lee	<a href="mailto:Darryll@tenandfit.com">Darryll@tenandfit.com</a>	Tel. 312.623.5189

**SPECIAL INTRODUCTORY PRICE\* Only \$99/person for Members and \$114/person for Non-Members. Learn principles and techniques that will help you build a solid training practice to last a lifetime.**

\* One time offer only. Expires 3 months from purchase.

**STOTT PILATES – Intelligent Training,  
Profound Results!**