



November is for neck muscles!

November Schedule

Mondays, 8, 15, 22

8:45AM PST

Wednesdays, 10, 17, 24

12:30PM PST

Fridays, 5, 12, 19

8:45AM PST

Week One: The Balance Series

Balance is vital for sports as well as moving seamlessly in everyday life. This class combines standing and supine exercises.

Week Two: The Strength Series

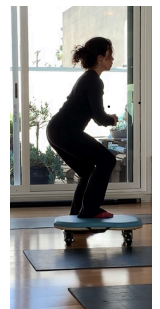
This class will focus on the neck muscles to improve your overall posture and minimize tension in your neck.

Week Three: The Mobility Series

SMR (Self Myofascial Release) with RAD Rollers boosts total body mobility. Buy the RAD Roller for November or go for it and commit to the All In Kit. Use the link to the right to buy RAD Roller products!

How Our Online Live Program Works:

- 1) The program is on a 4-week cycle: 3 weeks on, 1 week off.
- 2) Each program (ie: each month) focuses on a different body part using a different prop. November's focus is on your neck muscles to improve your overall posture. We will be using a Theraband and the **RAD Roller**.
- 3) If you are unable to attend a live online class, still register and a customized class recording will be emailed directly to you.
- 4) Each week of the program includes three 25-minute progressive classes focused on a different movement principle: balance, strength and mobility.



Class Packages:

- **I Want It All!** 2-Month Series for \$196 (18 classes) Best deal!
- **I'm In For The Month!** Monthly Unlimited for \$99 (9 classes)
- **I Want A Sampler!** 3-Class Package for \$48
- **I Have Commitment Issues!** Single Class for \$18

[Click Here To Purchase Class Packages!](#)

Benefits Of Online Live With Gotham Pilates:

Our online live classes are convenient, cost-effective, challenging, fun and results-driven! Benefit from customized content, limited class size and immediate feedback, wherever you may be!

[Click Here To Shop RAD Rollers With My Exclusive Affiliate Link!](#)

[Click Here To Register For Classes!](#)



The second page is left blank for a moment of zen