



January is for feet! Your feet are your foundation so start the new year on a good foot!

January Schedule

Mondays, Jan. 10, 24, 31
8:45AM PST

Wednesdays, Jan. 12, 19, 26
Pre-recorded class emailed directly to you

Fridays, Jan. 14, 21, 28
8:45AM PST

Week One: Balance

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

Week Two: Strength

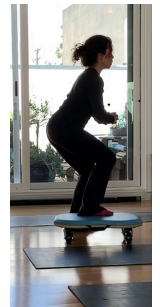
This week will focus on core strength to improve your overall posture and minimize spine and joint compression.

Week Three: Mobility

SMR (Self Myofascial Release) with RAD Rollers boosts total body mobility. Purchase the RAD Roller for January, or go for it and commit to the All In Kit to be ready for the entire year! 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 (month) has a different theme. January's focus is feet to get a solid foundation for the new year! 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: two 25-minute Online Live classes (Mon & Fri) and one 30-minute recorded class (Wed). Each week focuses on either balance, strength and mobility.



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

Class Packages:

- **I Want It All** 2-Month Unlimited for \$179 (18 classes) Best deal!
- **I'm In For The Month** 1-Month Unlimited for \$99 (9 classes)
- **I Want A Sampler** 3 Live Classes & 3 Pre-Recorded Classes for \$69
- **I Have Commitment Issues** Single Class for \$19

[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!](#)



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