

Class Schedule ... Call (302) 994 – CORE

Classes are FREE from January 17 – January 21, 2011

◆ Small, attentive classes of 4-10 people ◆

◆ 45-minutes in length unless stated otherwise ◆ We are trained to accommodate all fitness levels ◆

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			9:40 am Pilates Mat Plus Pike Creek		
10:30 am Pilates Mat Plus Greenville	12:40 pm Mama&Baby Greenville	11:10 am MamaLates Pike Creek	9:40 am Pilates Mat Plus Greenville		12:10 pm MamaLates Pike Creek
5:40 pm Pilates Mat Plus Pike Creek	5:30 pm RSX Juniors Greenville		10:30 am ZUMBA Greenville		
	7:40 pm ZUMBA Greenville	6:10 pm Pilates Mat Plus Greenville	5:30 pm RSX Juniors Greenville	7:40 pm Pilates Mat Plus Greenville	

Descriptions	
RSX (Ready ...Set ... XPLODE!) (open to Juniors, age 9 – 17)	Our exclusive RSX Junior Performance Training program combined with Titleist Junior Coach system includes ... <ul style="list-style-type: none"> ◆ Focus on Long Term Athlete Development (LTAD) ◆ Develop Fundamental Movement Skills ◆ Establish Functional Movement Patterns ◆ Encourage Fundamental Sport Skills ◆ Create a Love for the Game, Process & Fitness
Pilates Mat Plus	Improved balance, posture, breathing and body awareness plus bone and joint health are only some of Pilates' many benefits. We add a new twist to the traditional mat work with bands, circles and other fun stuff while remaining true to Joe's principles of breath and movement. See what our professional training & experience can do for you.
Zumba® (one hour)	"The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves ... [It's] one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate ... " ~ www.zumba.com
Mama&Baby	As a new Mama, lifting and carrying Baby and Gear can round your shoulders and cause your back to ache. This class is a great way to work into a fitness routine with light resistance, low impact cardio and core strengthening. <i>Don't forget to bring a baby blanket and comfort items, like a bottle and toy. (Baby Age: 6 weeks to pre-crawling)</i>
MamaLates (ma'-ma-lah'-teez)	Using the Pilates principles of breath and movement, we work to align and strengthen joints and muscles most affected by pregnancy and childbirth. We'll help to improve posture, increase energy, strength and stamina, and even work on confidence and body image.

Please **call in advance** to make sure we have a slot for you. If this schedule doesn't meet your needs, contact us for Private, Semi-Private, or Small Group training.

(schedule in effect January 17 - 31, 2011)

- Pilates
- Prenatal
- Personal Training
- Performance Golf

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 Shops at Limestone Hills ● 5347B Limestone Road (Rt 7 N), Pike Creek, DE 19808
www.PhysiCore.com ● www.BuffMamas.com ● www.PerformanceGolfTraining.com