

# PhysiCore

- ◆ Small, attentive classes of 4-10 people ◆ Open enrollment where you can join us at any time ◆
- ◆ 45-minutes in length unless stated otherwise ◆ We are trained to accommodate all fitness levels ◆

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 am Balance&Stretch Greenville		10:00 am Balance&Stretch Pike Creek	9:30 am Pilates Mat Plus Pike Creek	11:30 am Pilates Mat Plus Greenville	
12:30 pm Pilates Mat Plus Greenville	12:30 pm Pilates Mat Plus Pike Creek		1:00 pm Balance&Stretch Greenville	11:30 am Mama and Baby Pike Creek	11:00 am MamaLates Pike Creek
3:30 pm RSX Greenville			5:30 pm RSX Greenville	3:30 pm RSX Greenville	3:30 pm RSX Greenville
5:45 pm Pilates Mat Plus Pike Creek		4:00 pm Pilates Mat Plus Greenville	5:45 pm Pilates Mat Plus Pike Creek		

Descriptions	
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.
Mama and 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 abdominal work. <b>Don't forget to bring a baby blanket and comfort items, like a bottle and toy. (Baby Age: 6 weeks to pre-crawling )</b>
MamaLates (ma'-ma-lah'-teez)	With your caregiver's permission, it is safe (and encouraged) to exercise throughout your pregnancy. We'll help to improve posture, increase energy, strength and stamina, and even work on confidence and body image. Using the Pilates principles of breath and movement, we work to align and strengthen joints and muscles most affected by pregnancy and childbirth.
<b>RSX</b> <b>(Ready ...Set ... Xplode!)</b> (open to Juniors, age 12 – 17)	Our exclusive <b>RSX</b> Junior Performance Training program combined with <b>Titleist</b> Junior Coach process ... <ul style="list-style-type: none"> <li>◆ Focus on Long Term Athlete Development (LTAD)</li> <li>◆ Develop Fundamental Movement Skills</li> <li>◆ Establish Functional Movement Patterns</li> <li>◆ Encourage Fundamental Sport Skills</li> <li>◆ Create a Love for the Game, Process &amp; Fitness</li> </ul>
Balance&Stretch	After working to improve your balance and joint stability, we'll teach you the proper way to release tension through static and dynamic stretches, plus self-massage and myofascial release.

Please call in advance of your first class, or if you want to "drop-in", 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.

## Call (302) 994 – CORE (2673)

(schedule in effect through June 12, 2010)