

THE JOURNEY TO A BALANCED HEALTHY  
BODY AND AGING WELL BEGINS HERE



Jennifer Borland's  
Certifications Include:

- ◇ STOTT Pilates Instructor
- ◇ MELT Instructor
- ◇ Neurostrength Instructor

Angela Dunning's  
Certifications Include:

- ◇ Classical Pilates



"Every adventure begins with a first step." - ALICE IN WONDERLAND

# TYPES OF CLASSES OFFERED

## PILATES

### ◇ Reformer Class

The Pilates Reformer Class is a wonderful workout for any and every type of body. The Reformer is an apparatus designed by Joseph Pilates with a system of springs and pulleys that can be used for both rehabilitative injuries to a more challenging, creative workout. In addition to creating restorative work, it can also offer cardio work as well. The close-chain setup allows for a deeper proprioception of the body and is just an absolute incredible piece of equipment and workout.

### ◇ Fusion Barre & Suspension Class

The Fusion Barre & Suspension Class creates fluid movement with resistance springs and the barre. The movements combine the apparatus from the Cadillac Trapeze along with the strengthening and lengthening moves of the Barre and Mat Pilates. This fuses the best of both worlds to give the body more opportunities of movements from the Pilates repertoire.

### ◇ Evolve Pilates Class

The Evolve Pilates Class is an innovative way to incorporate roller work with the resistance springs and work of Pilates. The roller helps to challenge the body's stability and strength while still getting some of the effects of the fascia work from MELT. This is a special and unique class that incorporates a lot of focus and breath work.

### ◇ Group Stability Chair Class

The Group Stability Chair Class is an incredible piece of equipment that forces the deep core muscles to activate in order stabilize and perform the unique and powerful movements. The class will challenge the "powerhouse" to the CORE!!!

### ◇ Mat Pilates Class

The Mat Pilates Class is a very effective strength training workout that uses the bodyweight to strengthen the muscles and stabilize the joints. It is a low impact workout that requires a lot of focus to perform the moves correctly. Whether you are an experienced pro or a beginner...anyone can thrive!

### ◇ Aerial Silk Class

The Aerial Silks Class is where aerial arts and Pilates meet to create a Cirque de Soleil experience! Gravity allows the body to get deeper into the stretches and helps to decompress the spine and the hips. The fluidity of the movements while being cocooned in the fabric creates an experience with movement in the AIR that is just unbeatable. Come fly with us and experience exercising from a whole new point of view!

## FASCIA & NEURAL PATHWAY

### ◇ MELT Class

The MELT Class uses a cutting edge and innovative techniques to help get out of and stay out of pain. Using MELT's specific techniques, it helps to bring a flush of fluid through the system to restore your fascia's supportive, supple nature. By tapping into our fascia, which surrounds all aspects of the body, we can create profound changes in eliminating pain and helping to erase signs of aging. Over time, MELT heightens the body's ability to repair and heal itself, which can create remarkable and lasting changes.

### ◇ Nuerostrength Class

The Nuerostrength Class is designed in conjunction with MELT to help rewire the neural pathways where faulty patterns, pathways and habits have been created. When the right neural pathways and sensorimotor skills are restored, the body will naturally have more stability and the ability to function with optimal performance.

## CLASSES CATERED TO YOU

◇ Private    ◇ Semi-Private    ◇ Small Private Groups    ◇ Classes