

Feathers Wellness Studio

Lower Body/Core Class 8 Weeks

Please join Pilates Instructor and RYT, Lesley for a series of complete body workouts with the focus on the lower body. We will be combining precision Pilates principles with deep yoga stretches and balances to challenge both body and mind.

Build abdominal strength to stabilize the hips and protect the back!

- **Tone thighs**
- **Strengthen glute muscles**
- **Improve balance**
- **Develop endurance**
- **Total body conditioning**
- **WORK ON ABS!!!**

8 Saturdays beginning 1/28/12 from 7:30 am - 8:45 am

Drop-ins only as space allows at regular class price of \$12

For one 8 week series Before Jan 10th \$ 80 (A savings of \$16!) After Jan 10th \$85

For both 8 week series Before Jan 10th \$150 (A savings of \$21!) After Jan 10th \$165



... Keep your resolution to be healthier!

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www.FeathersWellnessStudio.com