



## **The Pilates System with Michael Rooks & Andrea Burkholder**

Learn how to make the most out of your Pilates work by completely understanding how the Pilates System works.

Join us as we discuss the components of the Pilates system, including mat and apparatus exercises. Discover how each element works to enhance the other and the benefits achieved by using the system versus only doing one element.

### **DC Studio:**

Saturday, July 21  
2-4pm

Call 202-737-7776 to  
reserve your spot

### **Reston Studio:**

Saturday, July 28  
2-4pm

Call 703-787-3767 to  
reserve your spot

**Cost \$65 for two  
hour class**

- Are you making the most of your mat class and challenging yourself at home?
- When you do the full system do you understand why certain exercises may be better for you on the reformer, the mat, Cadillac or wunda chair?
- Do you understand how the apparatus springs affect your work?

**Cost \$65**

Workshops are open to clients of all levels, teachers & apprentices.