



STRETCH IT OUT with Michael Rooks & Andrea Burkholder

Pilates is not just for the super flexible dancer, but also for the super tight runner, athlete or desk jockey. Stretching is a key component of the Pilates method. However, unlike other methods, Pilates incorporates stretch and strength elements in nearly every exercise.

This November learn more about the stretch component of Pilates. We will do a full mat work out focusing on stretching and lengthening the muscles. Participants will take turns working on the Barrels, Reformer and Cadillac to experience how great lengthening those tight muscles can be.

Reston Studio:

Wednesday, Nov 7
6:30-8:00 PM

Call 202-737-7776 to
reserve your spot

DC Studio:

Saturday, Nov 17
2:00-3:30 PM

Call 703-787-3767 to
reserve your spot

Cost \$65

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

Cost \$65