



STRENGTH

with Michael Rooks & Andrea Burkholder

Reston Studio:

Saturday, Feb 2
2:00 - 3:30 PM

Call 703-787-3767 to
reserve your spot

DC Studio:

Saturday, Feb 16
2:00 - 3:30 PM

Call 202-737-7776 to
reserve your spot

Cost \$65

This seminar is open to clients with Pilates experience and is not suitable for beginners.

First we worked on stretching and lengthening your muscles, and now we'll talk about how to make them stronger. Sure you can power through all of your exercises, but is that what we mean by strength? Strength is in the ability of the body to complete tasks. Find out how Pilates approaches strengthening your body and why we view the flexibility of your muscles as a key component of their strength.

We'll warm up with a mat workout and then address exercises and apparatus that challenge and develop your strength and power.

Cost \$65