

FITWISE PILATES AND WELLNESS

**Bank of the West Plaza
11100 San Pablo Ave. #109
El Cerrito, CA 94530
(510) 232-4885**

CLASS SCHEDULE

To register for

We have a fully equipped studio with new equipment which includes: The new **CoreAlign**, 8 **Balanced Body Reformers**, **EXO Chairs**, **Springboards**, **Jumpboards**, **Arcs**, **Orbits** and the **Trapeze**. Each class is custom tailored for the needs of individual clients. No two classes are alike. We custom mold and treat your body and goals for overall wellness.

For **Private, Duet** and **Beginner's** class, please call
510-232-4885

classes go to www.fitwisepilates.com- online scheduling

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					7:00 AM Beginner Equipment Class	
9:00AM Equipment Class <i>All Levels</i>	8:00AM <i>Equipment Class</i> <i>All Levels</i>	8:00AM Movement Medicine (Restorative&) Gentle	8:00AM <i>Equipment Pilates/Yoga Blend Class</i> <i>All Levels</i>	8:00AM <i>Equipment Class</i> <i>All Levels</i>	8:00 AM <i>Equipment Class</i> <i>All Levels</i>	8:30AM Beginner Equipment Class
10:00AM Beginner Equipment Class		9:00 AM <i>Equipment Class</i> <i>All Levels</i>	9:00AM <i>Equipment Class</i> <i>All Levels</i>	9:00AM <i>Equipment Class</i> <i>All Levels</i>	9:00AM <i>Equipment Class</i> <i>All Levels</i>	
					10:00AM Movement Medicine (Restorative&) Gentle	10:30AM <i>Equipment Class</i> <i>All Levels</i>
	NOON <i>Equipment Class</i> <i>All Levels</i>		NOON <i>Equipment Class</i> Pilates/Yoga Blend <i>All Levels</i>		NOON <i>Equipment Class</i> <i>All Levels</i>	
	1:00PM Movement Medicine (Restorative&) Gentle					
	5:30 PM <i>Equip Class</i> Advanced	5:30 PM Beginner Equip Class	5:30 PM <i>Equip Class</i> Advanced	5:30 PM <i>Equip Class</i> <i>All Levels</i>	5:30 PM <i>Equipment Class</i> Happy Hour <i>All Levels</i>	
	6:30 PM <i>Equipment Class</i> <i>All Levels</i>	6:30 PM Equipment/cardio <i>All Levels</i>	6:30 PM <i>Equipment Class</i> <i>All Levels</i>			
	7:30 PM <i>Equipment Class</i> <i>All Levels</i>		7:30 PM <i>Equipment Class</i> <i>All Levels</i>			

Is there a time you would like a class? We want to hear!

Please check in for our monthly workshops !

Low back care/ knee care/ wellness and weight loss/ Home stretching and rehabilitation regiments/ Radiant skin seminars/ Detox and cleanse seminars/ reversing computer posture/ desk Pilates/ Balance enhancers/ Joint mobility /Gait correction/ Functional movement/ Brain fitness

Stay up to date with us on Facebook!

Need Advice?

Are you looking for expert advice about wellness/nutrition, fitness or rehabilitation? We'd love to hear from you! Please email your questions to Ronda@FitWisePilates.com.

PILATES

What Can Pilates Do For You?

In just a few weeks (2-3 classes / week), you will notice the following results:

- **Increased Mind / Body Connection**
- **Improved Posture, breathing capacity, and blood circulation/ reverse computer posture**
- **Relieve Back / Joint Pain/ Stress Relief**
- **Improve Flexibility, Agility and Balance**
- **Rehabs and prevents re-injury to damaged muscle groups / sports injuries**

	1	5	10	20
PRIVATE	\$75	\$350	\$680	\$1300
DUO (per person)	\$45	\$215	\$390	\$750
SMALL CLASS	\$30	\$135	\$250	\$475

As workouts intensify and stamina increases, you will begin to see dramatic transformation:

- **Weight Loss**
- **Flatter Tummy**
- **Added Height**
- **Slender Thighs**
- **Defined Arms**
- **Sculpted Back**
- **Improved Wellness & Vitality**

Classes are 55 minutes unless otherwise noted.

***Private session required prior to entering classes.**