

CORE PILATES SAUSALITO

March 2 and March 9, 2013, 12-1



Athlete Foam Roller Painfest

As athletes, we all love to focus on maximizing our Sport-Specific Skills, like attacking on the bike, faster run intervals, mastering pull ups or lifting heavier weights. We often fail to realize that focusing on movement potential makes it easier to obtain our desired skills and increase flexibility and strength.

Pilates is one way of the best ways to help you to improve your movement potential, teach you how to activate your core, create stability in critical support areas and become dynamically flexible. The ultimate goal: enhance your ability to become a stronger, fitter, more powerful, and faster athlete.

Two sessions of righteous pain (you will thank us) utilize the foam roller, lacrosse balls, and other props to create or enhance your current mobility regimen, work on muscular imbalances, and strengthen your core.

March 2: Noon to 1PM. Focus on mobility and myofascial release exercises

March 9: Noon to 1PM. Focus on stability and strength work.

Taught by: Jennifer L. Barse, Certified Pilates Instructor and CrossFit Level I Certified Trainer

\$25 per class

Reservations are a must:

(415) 339 9037 or email info@corepilates-saus.com

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