



Centerworks® Pilates “Fitness For Whole-Body Health”

Pilates is for *Every* Body.

Thank you for your interest in Centerworks® Pilates programs. Our professional staff of Pilates experts is ready to help you get started today. We are excited to share with you the benefits of adding Pilates to your weekly workouts. Learn how to maintain a healthy body so you can enjoy life with zest & pleasure. Pilates is Fitness for Whole-Body Health!

What Can Pilates Do For You

- ◆ Reduce mental stress
- ◆ Improve breathing habits
- ◆ Ease muscular stress and tension
- ◆ Reduce body aches and pains
- ◆ Improve your strength and flexibility
- ◆ Improve standing and seated posture
- ◆ Take the pressure off your joints
- ◆ Retrain the body for balanced muscle development
- ◆ Make daily living activities easier
- ◆ Reduce your chance of injury
- ◆ Assist in the rehabilitation of injury
- ◆ Teach you to move gracefully and efficiently
- ◆ Improve your sport or athletic performance
- ◆ Strengthen your abs for better back support
- ◆ And more....

Our goal is to help you develop a fitness program that fits your lifestyle and teaches you habits that will improve your good health. Centerworks® Pilates is proud to be THE place to learn Pilates in Wichita. Established in 1994, we've spent over a decade sharing the benefits of Pilates with folks just like you, eager to feel better, look better, and enjoy a healthier, happier life. **Call Centerworks today at 265-9700 and let us guide you into the best programs to reach your fitness goals.**

** Current Specials **

Introductory Special!

Receive two introductory private Pilates lessons for only \$60 (a \$120 value). Appointment times fill quickly. Hurry and sign up today! **Offer valid through July 31, 2006.**

*All offers on a space-available basis, by appointment.
Please register in advance to ensure space is available.
All schedules subject to change.*

Call NOW & Get Started TODAY: 265-9700

Good Health Starts from the Center! We look forward to seeing YOU at Centerworks!

210 N. Washington, P.O. Box 3526, Wichita, KS 67201-3526
• (316) 265-9700 • www.pilates-wichita.com



Centerworks® Pilates “Fitness For Whole-Body Health”

2006 Programs & Services

Quick Start Program *New for 2006*

If you are healthy, this is a great place to start. During your four 55 minute, semi-private Quick-Start sessions you'll learn a basic workout program on the Pilates Reformer including: how to do the exercises correctly, repetitions, equipment set-up, and safety. *The Quick-Start Program is designed to jump start your exercise program & prepare you to move into Open Gym where you can continue your workouts under the guidance of our comprehensively trained Pilates professionals.*

Quick Start Schedule – *Start any time during a session.*

Quick-Start scheduled Monday-Saturday by appointment. Please call 265-9700 for available times.

Quick-Start Fees: Four – 55 min. sessions \$99

Open Gym Program

Centerworks® Pilates is the only place to go to work with the Pilates system the way Joseph Pilates meant it to be. An ideal Pilates program includes use of the Pilates equipment (Reformer, Trapeze Table, Chairs, Barrels) and matwork exercises. Commit to stay fit and enjoy the benefits of Open Gym workouts. *Please refer to the Matwork Schedule for 4-week session dates.*

Open Gym Schedule (4 week sessions)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9:00am		9:00am		9:00am
4:30pm		4:30pm			
5:30pm	Noon	5:30pm		Noon	
6:30pm		6:30pm			

Open Gym 4-week Session Fees: 8 Classes: \$120 Drop in Fee: \$25

Personal Training

Let us work with you individually to design a program tailored to your special needs & goals. If you have any health or medical concerns, or are rehabilitating from injury, our Personal Training programs will be where you need to start to keep you safe with your exercise program. If you are healthy and fit, one-on-one training is a great way to challenge your body and learn the details to get the most from your workouts. If you are an Open Gym student, Personal Training sessions are encouraged periodically to fine-tune and learn new exercises to add to your exercise program. By appointment Mon. – Sat. Schedule and pay monthly.

30-min. session: All Instructors: \$35

55-min. sessions Studio Director: \$60

Senior Instructor: \$55

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Centerworks® Pilates "Fitness For Whole-Body Health"

Matwork Class Program

2006 Session Dates

- ◆ July 10- August 5
- ◆ August 7-Sept 1
- ◆ Sept 5-Sept 30

Pilates Matwork for Beginners

A great place for non-experienced students to learn the basics of the Pilates floor exercises. At the completion of this class, you'll be ready to progress into our Unlimited Mat Class program, and have the confidence to continue practicing your Pilates Matwork at home. Class meets two days a week for four weeks. Call for current schedule.

Beginner Mat Fees: \$70

Matwork for The Experienced Student

If you are familiar with the Pilates Mat exercises, or have completed one session of our Beginner class, we have Basic-Advanced Mat Classes, Pilates on the Ball, and other combination classes to keep you learning, growing, and enjoying the fun and challenge of Pilates. You will always learn something new when you come to class! We will incorporate Magic Circles, Shoulder Mechanics, Hand Weights, Foam Rollers, and more into class to help you make the most of your workouts. Class times vary Mon-Sat. days & evenings. Call 265-9700 or check online at www.Pilates-Wichita.com for current schedule.

Unlimited Classes: \$75 Drop In Fee: \$15

Matwork Class Schedule (4 week sessions)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					10:00am – Mat+
Noon Mat +	Noon Beginner Mat	Noon Mat+	Noon Beginner Mat	1:00pm 30/30 Mat & Stretch	
5:30pm Mat+	5:30pm On the Ball	5:30pm 30/30 Mat & Stretch	5:30pm Mat		
6:30pm Beginner Mat		6:30pm Beginner Mat			

(Class Schedule Subject To Change)

Registration Information (316) 265-9700

Register for all Programs by Phone, Email, or In Person.

Payment of fees reserves you place for all programs & services.

We accept Cash, Check, Visa, MasterCard, & American Express.

You can access enrollment information forms online at:

<http://www.pilates-wichita.com/clientinfo.htm>

Call NOW or Stop in the Studio & Enroll Today!

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