



EQUIPMENT CLASSES

Pre Allegro/Tower Combo: Learn how to adjust the equipment to your needs and how it teaches you movement skills that you may not be able to currently perform. The pace is slower than the Allegro/Tower class; and there are modified versions of the traditional exercises that prepare you for the next level by teaching the underlying principles of movement that are the basis for the exercises.

Allegro/Tower Combo: Combining exercises from the Reformer and Cadillac/Trapeze table, this class focuses on integrated movement of the shoulders, spine and hips. It involves a balance of stabilization and mobilization.

Tower: Specially designed bars and independent springs are used to help the beginner master fundamental exercises while also providing a challenge for the more advanced by requiring greater coordination, balance and endurance. This class accesses the weak or illusive areas of your body to uniformly build alignment and muscular balance.

Allegro: This class offers something for everyone - whether you want to improve your sports performance, stretch tight muscles or find new ways to challenge your mind and body. Using the Reformer, you will be guided through a series of exercises that will strengthen, lengthen and stretch your entire body. Special attention is paid to correct alignment and the fluidity of movement progressions.

Springboard: The Springboard adds another dimension to your Pilates repertoire. Using arm and leg springs for resistance and the rollback bar, you will strengthen and tone your arms, legs, abdominals, and back. With a small class size you will receive individualized instruction and corrections to streamline your workout.

Stability Chair: The chair helps rebalance muscles and provides a full body workout on a smaller surface area than the Allegro. Exercises are done lying, sitting, and standing on the chair, which will challenge, balance, and strengthen differently than the Reformer.



Staff

Mindful Movement employs experienced, certified instructors.

- | | |
|--------------------|---------------|
| Susan Forbes | Kerry Petty |
| Jolynn Nelson | Lisa Hellems |
| Kelly Paquet | Nicholas Daum |
| Daisy Levy | Sandy Fields |
| Julie Dillon | Misty Flahie |
| Sharon Reynolds | Kelly Yoakam |
| Stefany Theunissen | Patti Morse |

For more information or to view instructor bios please visit our website: www.mindfulmovement.biz

Our goal is to offer you access to well-trained instructors, therapists and trainers in a supportive, safe studio which promotes healthy physical practices.

CREATE YOUR OWN CLASS

Do you have a group of friends, co-workers, or family that would like a class tailored to your wants and needs?

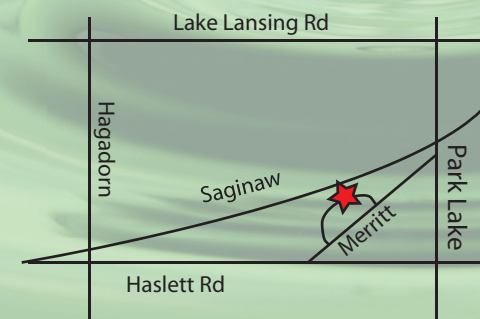
At Mindful Movement we offer private classes for parties of 4 or more! Just pick a time that works best for you (based on our room availability) and we'll do the rest! Private classes are available for both studio and equipment classes.

Examples: Golf Conditioning, Low Back Health, general Exercise classes, and more!



To make the impossible, possible; the possible, easy; and the easy, elegant

--Moshe Feldenkrais

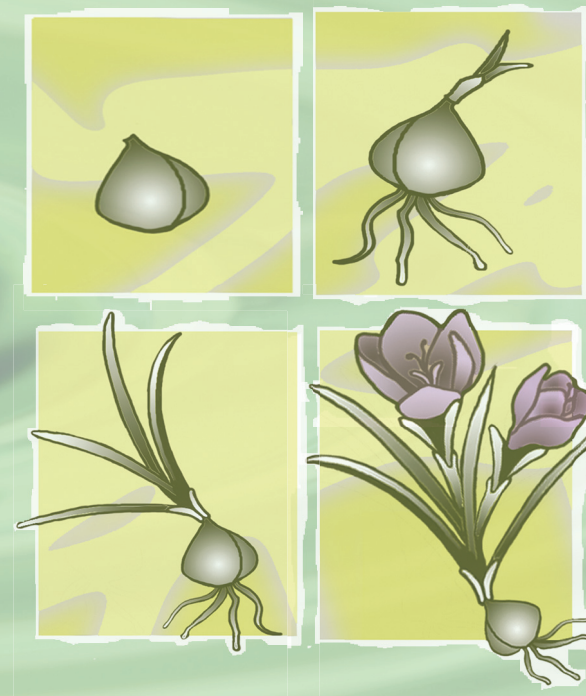


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Classes & Descriptions



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Pilates

Mat Pilates Multi-Level: This class approaches the Pilates Mat work in terms of the mechanical and kinesthetic skills you need in order to sustain excellent breathing, sound alignment, coordination, and balance. Each week we work through a particular sequence of exercises and postures which work together to improve your body's full potential, and relearn healthy movement patterns.

GYROTONIC®

GYROTONIC®: Fluid, rhythmic, spiralling movements are done on low stools, mats and while standing. The method systematically and gently works the joints and muscles through rhythmic and undulating exercises. Postures are smoothly and harmoniously connected through the use of breath. A great introduction to the movements done on the GYROTONIC® Tower.

Yoga Classes

Power Yoga: An intermediate level class that heals, detoxifies and exhilarates the body and mind with emphasis on movement, balance and intention. Join this challenging class that combines strength, sweat and spirituality.

Forever Young Yoga: Challenge yourself as you age to keep your strength, flexibility and balance through yoga. This class uses simple yoga postures to encourage those people 55+ to stay active!

Yoga As A Way Of Life: Designed as a "moving meditation" to help you develop a deeper understanding of yourself through movement, breath and focused attention. Music, scents, and sounds help you balance your energy. The postures and transitions are performed at a steady, slow pace, which allows the student to fully experience the poses while maintaining the continuity of the movement with "dynamic" stabilization... much as you would in the daily rhythm of life.

Other

Rolling & Stretching: Ever wonder why your stretches don't seem to work? Sometimes the connective tissue around the muscle becomes hardened, which doesn't allow the muscle to lengthen. We use foam rollers to soften these tissues, along with static and active stretches, straps and thera-balls. Active joint mobility and core strengthening is also used to facilitate proper movement and help your body integrate the new found length of your muscles. Class ends with a short relaxation segment.

Functional Fitness: Learn how simple moves and techniques can be transformed into your daily activities! This class focuses on educating you on the proper way to reach, pick up, bend, etc. These exercises will help to reduce pain, and help you perform daily tasks with more ease and efficiency. After a short warm up, a low impact low intensity cardio segment is included, which can be done while seated or standing... the entire class can be done seated or standing and you never kneel or lay on the floor! This class is taught to ALL levels of fitness and abilities.

Tai Chi: Although Tai Chi increases muscle strength, the emphasis is on increasing internal strength, the life force energy the Chinese call Chi. Tai Chi's fluid movement acts to integrate physical strength, visual and mental concentration, and neurological balance. It aids posture, relaxation, breath control, circulation, metabolism, and accelerates healing of body, mind and spirit. It is called meditation in motion. Class begins with simple techniques to balance brain hemispheres and increase vitality and support the immune system.

Zumba: You'll love moving to a mix of zesty Latin Music styles, such as: cumbia, merengue, reggaeton and salsa. The easy to follow moves are exciting and invigorating. The steps and pacing are modified to fit the principles of MMPT. All the while keeping a party-like atmosphere, this dance fitness class takes you on a journey to a fit and healthy life style. For adults, of all body types, who want camaraderie, excitement, fitness and fun as a regular part of their weekly schedule!

Strength & Balance: This great class uses balls, light weights and bands to work on improving your balance and strength in a functional way. Muscle weakness and inflexibility are 2 key factors that lead to our diminishing balance. This class will use both dynamic and static balance exercises to improve balance and overall body strength.

Strengthen & Stretch: This class consists of a series of total body strength exercises using various pieces of equipment. Focusing on posture and core strength - many stretches will be incorporated into the workout to relieve stress and increase flexibility. The instructor will explain why muscles need stretching, while other muscle groups need strengthening. The emphasis is on quality of movement, not quantity.



Lower Back, Pelvis & Hips: Do you feel like you have gotten "stiffer" each year in your low back and hips? Do you sometimes have an "achiness" in these joints? Learning how the low back, pelvis and hips work together is part of the answer to relieving this discomfort. You'll have a series of exercises to take home with you at the end of this class that will help keep you moving well everyday.

Pilates for Scoliosis: A diagnosis of scoliosis doesn't have to be mystifying. It requires that you understand the curves and rotations of your spine and work with your body to maintain good alignment. You will learn to manage your scoliosis with conscious breathing techniques, proper body mechanics, knowledge and postural strengthening.

Pilates for Bone Health: Poorly designed exercise classes can increase the risk of bone fractures. An understanding of good posture and proper muscle balance are conceptual cornerstone for this class. Pilates springboards and other props are used to provide the necessary assistance that most of us need to experience good alignment and to properly "load" the body with resistance to stimulate growth. Small group classes allow time for the instructor to provide hands-on instruction and knowledge... not just exercise.

Back Pain Recovery: If you are recovering from chronic back pain or have just completed physical therapy, this class will give you gentle direction to continue your progress and prevent a reoccurrence. You'll learn how to unload the over-worked parts of your spine and how to move again without feeling like you have to "guard" your back.

Yoga for Arthritis: Controlled stretches in conjunction with deep breathing exercises release the muscles that have seized up around the joints to protect them. Yoga can help manage Arthritis pain and prevent further wear and tear on the joints by re-aligning, strengthening, stretching, and balancing the body. The physical aspect keeps muscles supple and strong which can help keep bones in proper alignment. The mental aspect is beneficial to anyone on a healing pathway.

Shoulder, Upper Back & Neck Levels 1 & 2

Level 1: Each class provides anatomical learning and exercises that bring awareness to areas of tension and how to relieve them. You'll perform exercises that organize the shoulders, head, spine and pelvis in association with movements of the arms. You will clearly understand how these exercises are similar to movements in your daily activities.

Level 2: Once you have learned the basic anatomy and mechanics of the upper body; you'll learn to coordinate movements of the arms with your spinal motion and stabilization, as you would when you vacuum or lift a bag of groceries.

PRICE LIST

8 Week Session Classes

Studio Classes: \$84

Equipment Classes: \$148

** All 8 week packages are purchased in advance and are paid in full for 8 consecutive weeks. If you can't attend a session during the 8 weeks, you may make it up by taking another class in the category that you have purchased.

Private Pilates Session: 1 hour \$50/\$60
*depending on instructor

Semi-private Session: 1 hour \$40 each

Massage: \$65