



# Now offering Barre Classes!

This class combines the strengthening principles of Pilates, the grace and movement of dance, the stretching benefits of yoga and also a variety of cardio sculpting moves. The core is constantly being challenged to stabilize the body during a wide variety of movement.

Working through the body's full range of motion ensures that your muscles are never left feeling tight and are constantly being challenged. The upbeat energy and music gives you the encouragement to keep pushing yourself which will make each class difficult, but also fun and rewarding.

## Prices:

Classes billed monthly-

Packages expire at the end of each month

1 Class...\$15      4 Classes...\$50  
5 Classes...\$62    8 Classes... \$96  
10 Classes...\$115

**\*New Students ~ First Class is FREE!**

\*For students who purchase the unlimited mat package, barre classes are an additional \$3 per class

## Class Times:

Class size is limited-

Call, text, or email to reserve your spot!

Tuesdays 11:00am

Thursdays 11:00am

Thursdays 6:30 pm

Come join us for this uniquely fun, high-energy group fitness experience, which will firm, tighten and tone your whole body without adding bulk, and will burn mega calories along the way!

For more information contact:

**Kelly Pintler**

208-651-8323

kmpintler@hotmail.com

\*The Pilates Pathway is CdA's only fully equipped Pilates Studio. We offer a variety of mat and reformer classes as well as private and semi private sessions. Visit our website for class schedule and more information.

[www.thepilatespathway.com](http://www.thepilatespathway.com)

208-660-4477