



BODY AWARENESS

PILATES PRESS

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www.BodyAwarenessPT.com

(949) 366-3362

Principles of

Pilates...

- *Breathing*
- *Concentration*
- *Efficiency of Movement*
- *Centering/ Core Stabilization*
- *Flowing Movement*
- *Precision*
- *Control*

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MAT VS MACHINE - WHICH IS BEST FOR YOU?

A combination of mat work and machines will provide the best overall results from your Pilates conditioning. Joseph Pilates designed his mat work and reformer training to compliment each other so that all individuals could practice his Method, the "Art of Contrology." Try both and you will truly understand why people everywhere are astonished at not only the changes they see in their body, but how great they feel. Here are a few key points about each so you can decide for yourself!

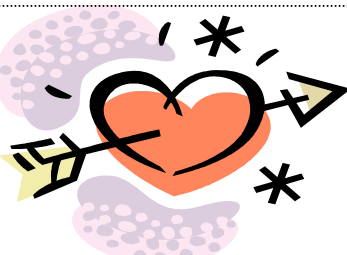
Mat

- Fundamental in developing an understanding of the basic Pilates principles.
- Your own body provides the resistance.
- You control all of the movement patterns.
- Less expensive if done in a group setting.



Machine

- An understanding of the basic principles is required.
- Springs and pulleys assist or resist the movements.
 - This allows the beginner student to have assistance, yet, enables the more advanced student to be challenged.
- Provides a more supportive environment.
 - Individuals with injuries or physical limitations are able to exercise.
- While the cost is higher than mat, working out on reformers enables every movement to be performed correctly with the assistance of an instructor in a one on one environment.



Give your loved ones Pilates Mat Classes for Valentine's Day.
Come by to get a gift certificate
1031 Avenida Pico, #201 in San Clemente

**RESULTS OF
PILATES**

- **Creates a balanced and evenly conditioned body**
- **Elongates and strengthens muscles while increasing flexibility**
- **Develops strength of the “Core”**
- **Challenges without increasing stress**
- **Improves Body Awareness**



**MEET THE
INSTRUCTORS**

Kinga Night was born in Budapest, Hungary. At 11 years old she began competing internationally as a rhythmic gymnast. While attending a high school for professional athletes, Kinga began a career in dance and held feature roles in many theatrical productions, including *Cats*. She majored in Rhythmic Gymnastics at the University of Physical Education in Budapest and coached her own team. Upon arrival in New York in 1990, she earned a dance scholarship to the renowned STEPS and appeared on stage and television in more than 30 countries. She returned to physical fitness in 1998 when she moved to Orange County. Kinga received her Pilates Certification at Aline Studios and has been teaching Pilates full-time since 2002.



Charone Jolley was born and raised in Salt Lake City, Utah. She began studying ballet at the age of 6 and continued to study dance through out high school, attending the Interlochen Arts Academy in northern Michigan. In 1998 she moved to Santa Monica and developed an interest in Pilates as well as the culinary field. She received her certification in Pilates at Retrofit School of Pilates, a studio that focused on those in a rehabilitation setting. She has recently returned from spending a year teaching Pilates in London, England. Charone now lives in Orange County and is dedicating herself to teaching Pilates and developing her culinary ideas.



2008 STUDIO HOURS

PRIVATES AND DUETS

**MONDAY THRU FRIDAY 8:00AM-7:00PM
SATURDAYS 8:00AM-1:00PM**

MAT CLASS

**TUESDAY AND THURSDAY 5:30PM
SATURDAYS 9:00AM**

Mat Classes are kept to 10 participants. All equipment is provided, including mats and towels. Be sure to tell your instructor if you have any physical conditions that may effect what you are able to do in class. We offer a package price of \$130 for 10 sessions or a single class at \$15.

Call us at (949) 366-3362 to reserve your spot in a mat class!