

Community Fitness Classes

Williams Township Community Building
655 Cider Press Road, Easton, PA 18042



What is Pilates? Pilates strengthens the muscles that support the spine (the neck, shoulders, abs, hips and thighs) to bring balance into the body. Strength and stability are developed through a balanced workout. Pilates helps to realign the spine in order to decrease tension, increase flexibility, and strengthen the body from the inside out.



Michelle Leach has practiced Pilates for the past ten years and became a Certified Pilates Instructor after developing a sincere passion for the practice. She studied under a notable and highly respected instructor in the field, Linda Farrell who trained at the Pilates Studio in NYC under Master Teacher Romana Kryzanowska. Michelle's persistent attention to detail and her pursuit for perfection brings her clients their desired results with the highest level of satisfaction.

Mondays @ 4:15pm

Thursdays @ 4:00pm

(eight classes \$80, drop in \$12)

Please email rem610@aol.com for sign-up. Prefer a different time or day? Let us know.

jazzercise

Personal Touch

I am Janice Swiatek. I have lived in this community for about 12 years. I have been teaching Jazzercise for the past 5 1/2 years at the Forks Community Center and would like to bring these great fitness classes to my community.

I am offering a **Personal Touch** class for these two sessions; this class focuses on strengthening and toning. It is offered in a small group setting to achieve maximum results from your workout.

Note: Personal Touch is a 35-40 minute class. I look forward to sharing fun and fitness with you.

Tuesdays and Thursdays at 5:00PM

\$34 a month, \$8 walk-in

Please email or call Janice for more information

jazzerjan@rcn.com 610/838-1773



CHAIR YOGA for flexibility, stress reduction

This is a yoga class for people who are older or heavier, or less flexible or feel they can't get down on the floor to do yoga. We use the chair as our base to do twists, forward bends, balancing poses and more. I use these methods with guests on my tours, to make sure they stretch out and relax without risking injury while on vacation. You'd be surprised how much you can do with a little bit of

help from a chair. We'll also practice stress reducing breathing techniques and a short meditation. Come and see if you like it! Maggie Spilner has lived in Williams Township for 19 years and is a certified yoga instructor. She taught adult and college yoga classes at NACC. She has trained with nationally known teachers, Rama Berch, Suza Francina and Gurucharan Singh Khalsa, PhD and written about health and fitness for 3 decades.

Saturdays, January 29th through February 18th, 2012 @ 8:00AM

\$5.00 per person

Please arrive a few minutes early.

Email walkforallseasons@gmail.com or call 610/217-6910 to reserve your place. Limit 15.

Get outside and enjoy the park. The walking trail is .34 of a mile once around. It is a great place to exercise!