



PILATES

— by the Bay —

Black Friday 90 Min. Circuit Class!

with Patty, Renee, & Ellen!



90 Minutes - Three Teachers!

Friday, November 27th from 9:30 to 11:00am

Join us on "Black Friday" and burn off all those Thanksgiving calories for a unique 90 minute, 15 person, multi-level circuit class using Reformers, Towers & Chairs! Three instructors teaching five students simultaneously for three circuits with each rotation lasting approximately 28 minutes. Students rotate to a new apparatus & new teacher two times during this workout for a total of approximately 90 min. This class is a challenging combination of classical and not-so-classical Pilates for a fun total body workout!

You can look forward to an amazing fun-filled 90 minutes so don't miss it! First come first serve. Request your appointment online, via email at info@pilatesbythebaynj.com, or by calling (732) 300-4917. Cost \$40 (Sorry, this special 90 min. class cannot be used as a "Make-Up" or "Reschedule" for your regular 60 minute classes.)

Note: For students of all levels who have completed the "Intro 4-pack of Private Sessions" with Pilates equipment experience who have no chronic pain or injuries. a strong understanding of the movement principles and are able to properly complete beginner exercises. A minimum of 9 students are required to run this class. Groups will be formed according to level so everyone is welcome.

1407 Rt. 37 East, Toms River NJ | Ph: 732-300-4917 | www.PilatesByTheBayNJ.com