

PILATES

—by the Bay—

Yogilates!



Saturday's at 10:30am with Ellen

Tuesday's at 12:30pm and Fridays at 10:30am with Renee

Yogilates is a fitness routine that combines Pilates exercises with the postures and breathing techniques of yoga. It is designed to integrate the Pilates methodology into the practice of hatha yoga for a more complete system of exercise.

This multi-level class safely tones, stretches, and relaxes your whole body. Fusing core strength, flexibility, and balance, Yogilates integrates the techniques of Pilates and hatha yoga for a complete and enjoyable mind/body workout and is ideal for people of all ages and abilities.

Yoga

Yoga is an ancient discipline that focuses more on body posture, breathing and meditation. Practicing Yoga increase your body flexibility, release your stress and rejuvenated mind and spirit.



Pilates

improves spinal flexibility, posture and alignment. Important issues include the regulation of breath, articulation of the spine, pelvis and shoulder stabilization for a good balance. This helps to develop coordination and concentration. Overall, Pilates focuses on flexibility, strength and balance.



YOGILATES!

Yogilates blends perfectly the Yoga exercises and the benefits of Pilates, and thus create a workout that releases stress and helps to develop coordination and balance and allows you to relax at the same time.

Note: A minimum of 3 students are required to run this class. Open to all new and existing students with no chronic pain or injuries. Cost: \$18 for a single class, \$150 for a 10-Pack (must be used within three months). To register go to www.PilatesByTheBayNJ.com/schedule | call 732-300-4917 or email info@PilatesByTheBayNJ.com.

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