



Winter 2012

508-485-8585

www.everybodybalance.com

155 Boston Road (Route 30)

Southborough, Ma 01772

Our passion..

is improving EVERY BODY'S fitness through the many benefits of Pilates, while enjoying the comforts of a Yoga mindset. Through close personal attention to body alignment, mechanics and breath, we train your core.

EVERY BODY BALANCE

is truly for everybody, offering instruction and programs for all fitness levels and all ages.

Everybody has a core.

Let us help you find yours.

Monday

9:00 am Core Conditioning

6:00 pm Every Body Balance Barre

7:15 pm Candle Light Strength and Stretch Yoga

Tuesday

8:35 am Athletic Yoga for Every Body

11:00 am Gentle, Yoga Conditioning on Stability Ball

5:45 pm Strength and Flexibility Yoga for Every Body

7:00 pm Pilates with Core Props

Wednesday

9:00 am Every Body Balance Barre

6:00 pm Pilates with Core Props

7:15 pm Athletic Yoga with ABS for Every Body

Thursday

8:35 am Mat Pilates with some Core Props

9:45 am Strength and Flexibility Yoga for Every Body

6:00 pm Core Conditioning

7:15 pm Mat Pilates

Friday

9:00 am Pilates with Core Props

Saturday

8:30 am Pilates with Core Props

9:45 am Athletic Yoga for Every Body

9:45 am Body Mechanics - Pilates Basics

Sunday

9:15 am Strength and Flexibility Yoga for Every Body

10:30 am Mat Pilates

Classes are 60 minutes unless otherwise stated and are included in our membership, class passes and drop-in anytime programs. Session based classes are 4 weeks or longer specialty programs are available by prepaid reservation, drop-ins if space is available.