

Greetings EFC Members!

I'm Sherelle Lundy, and I am in the process of training to become a Peak Pilates Level 1 Pilates Instructor. As I work towards my certification, I am practicing teaching to hone my skills, in order to fulfill my training hours, as well as build my confidence as a teacher. I became fascinated with Pilates after doing mat Pilates at home, and learning about the benefits of Pilates...like improved flexibility, posture, coordination, and the ability to strengthen my body.

I look forward to seeing you in class!

**CLASSIC MAT PILATES (BEGINNER) PILATES** is designed to stretch, strengthen, and balance the body. This class will be a 4-week series introducing the fundamentals of Pilates and progress each week. Like most Pilates classes, this class will be facilitated, not demonstrated, like other fitness classes. Homework (key terms or personal practice) will be given at the end of each class, to ensure progression for the following class. Each week will include one fact about Pilates and introduce a Pilates Key Concept, followed by a dynamic mat session. By week four, students will be able to familiarize themselves with simple Pilates cues, terminology, and exercises.

**Pilates is for everyone! Take Pilates...**

- If you're looking for a workout that will center the mind and body
- If you want to develop strength, flexibility, and stamina through awareness of the body
- You want to identify and strengthen weaknesses in the body
- You want to challenge and transform your body
- You desire to improve your movement and breathing

**\*\*Space is limited\*\* Pilates is an individual needs focused program, which works best with small group classes.**

If interested in this 4-week Pilates series, please email Sherelle Lundy- [slundy3@kennesaw.edu](mailto:slundy3@kennesaw.edu)

October 28th, 5:45-6:30pm

November 4th, 5:45-6:30pm

November 11th, 5:45-6:30pm

December 2nd, 5:45-6:30pm

**"THE PILATES METHOD TEACHES YOU TO BE IN CONTROL OF YOUR BODY AND NOT AT ITS MERCY." JOSEPH PILATES**