

Rates

EFFECTIVE JUNE 1, 2004

Mat Classes

\$13 per class/Series of 10 Mat Classes @ \$120

Tuesday 7pm – 8pm

Thursday 11:00am – 12:00pm

Single Privates

Single class \$60.00

First private class-Introductory Rate \$45.00

Series of 6 classes \$330.00

(to be used in 2 months)

Series of 11 classes \$600.00

(to be used in 4 months)

Series of 23 classes \$1,220.00

(to be used in 6 months)

Semi-Privates

Per person

Single class \$40.00

Series of 6 classes \$220.00

(to be used in 2 months)

Series of 11 classes \$400.00

(to be used in 4 months)

Group Reformer Classes

Per person (Instructor approval required for entry)

Single class \$30.00

Series of 6 classes \$160.00

(to be used in 2 months)

Series of 11 classes \$ 250.00

(to be used in 4 months)

Appointments with Jennifer Wilson

Privates

Single class \$75.00

Series of 6 classes \$410.00

(used in 2 months)

Series of 11 classes \$715.00

(used in 4 months)

Semi-Privates - Per person

Single class \$55.00

Series of 6 classes \$300.00

Used in 2 months

Series of 11 classes \$500.00

Used in 4 months

“Jennifer has expert advice on strengthening all parts of the body. I am finally on the road to the fit body I have always dreamed of.”

Joyce Marie Brusasco

Mom of two, wife, filmmaker and founder of Juggling It All Productions

“Jennifer is an exceptional practitioner – her ability and willingness to tailor exercises specifically for my body greatly improves my results.”

Julienne Hardy

“You have to do it! Make it a part of your life style. ”

Erica Pace

“I highly recommend Pilates with Jennifer. I’ve never done Pilates before and have had great results in a very short time. My body feels leaner, longer, tighter and stronger! Jennifer is fun to work with.”

Terry Oxford

“I learned to trust exercise again.”

Anat Hartenstein



**19524 Nordhoff Street #8B
Northridge, CA 91324**

818-718-1188

www.bodywisepilates.com

Member of



Certified Instructors

“Contrology (Pilates) develops the body uniformly, corrects wrong postures, restores physical vitality, invigorates the mind, and elevates the spirit.”

Joseph Pilates

“Pilates.... keeps the body in youthful retrograde without too much punishment.”

Los Angeles Times, Nov. 1998

“Pilates is an ideal range of motion exercise for arthritis.”

Arthritis Alive!, Nov. 2001

What is Pilates?

German-born, Joseph H. Pilates developed Pilates (then called Contrology) while in an internment camp in England during World War I. As a sickly child he always turned to physical fitness training as a path to good health. During his internment he developed several revolutionary exercises, some using his bed as a resistance machine. The rehabilitation principles in the exercises led him to work with those wounded in the war. Pilates claimed, "Contrology is complete coordination of body, mind and spirit."

In 1926, Joseph moved to New York where he continued to develop his exercises, which soon became popular with dancers including George Balanchine and Martha Graham. Today actors, professional athletes and dancers use Pilates. Others use Pilates as a regular fitness program or for rehabilitation and strengthening of areas of the body that have experienced trauma.

Benefits

- ◆ Improves posture
- ◆ Improves balance
- ◆ Improves coordination
- ◆ Tones muscles without adding bulk
- ◆ Works to strengthen and stretch the muscles
- ◆ Helps relieve stress
- ◆ Provides a highly personal workout
- ◆ Suitable for all ages and levels of fitness
- ◆ Works the deepest muscles of the body
- ◆ Strengthens the back

Why choose *Bodywise*?

Bodywise provides the utmost in fitness training with special attention given to each client's needs. We are committed to the goal of proper alignment while training muscle groups to work together while incorporating the breath. Through our workouts we encourage your body to capitalize on its full range of motion while simulating the ever-changing weight loads that are experienced in everyday life.

Our goal is to assist each individual in meeting his or her goal whether that is fitness, rehabilitation and strengthening or just feeling better on a daily basis.

Our Instructors are some of the most qualified in the field of Pilates and have been trained and certified at the top Pilates schools including the Physicalmind Institute and Stott Pilates. In addition to their knowledge in Pilates, their movement and fitness backgrounds are extensive, bringing a wonderful knowledge base to their Pilates training.

Take time out for YOURSELF and call to schedule an appointment today.

818-718-1188

www.bodywisepilates.com

About *Bodywise*

In order to maintain our high standards of individual attention, **Bodywise** offers private, semi-private and group reformer sessions as well as mat classes.

Gift Certificates available

Jennifer Wilson

Owner/ Certified Instructor

Growing up as a dancer, Jennifer has always been involved with fitness. Her dancing career led her to international competition at the 1989 Prix de Lausanne, as well as performing with the Milwaukee Ballet, Francisco Martinez Dance Theater, Medici City Ballet and La Danserie. Her dance training at such esteemed schools as the Boston Ballet, Marin Ballet and Westside Ballet schools involved training in physical therapy and cross strength training for dancers. Since her retirement from dance she has become a categorized amateur road cyclist with the United States Cycling Federation, thus furthering her passion for movement and form in the body. Since 1992 Jennifer has been teaching a variety of movement styles ranging from ballet to mat exercise classes. Throughout her career Jennifer has herself used Pilates to improve her dancing as well as to prevent injury.



Jennifer is a Certified Instructor with the Physicalmind Institute based in New York. She serves a variety of clients ranging from professional athletes and dancers to individuals with disabilities. Jennifer's expert eye has helped her improve athletes' performance and limit their recurring injuries while helping them to avoid future injuries. She also helps to improve the daily lifestyle of those suffering from such impairments as multiple sclerosis, scoliosis, fibromyalgia and individuals recovering from cancer. Her years of experience along with her highly developed eye for form and function add a unique quality and awareness to her instruction.