

INLINE private training Class Schedule SPRING 2010

Join Us! Monday **and** Wednesday at 6:15pm for **INLINE Mat Pilates & Conditioning**

Saturday at 9:10am **Hi Intensity Mat with Jason**

New classes...

Tuesdays at 9:10am and Wednesdays at 12:10pm INLINE Mat Pilates

Monthly Google Class Calendar

http://www.google.com/calendar/embed?src=jrm5cucsrbsll86k1i4qip1ok@group.calendar.google.com&ctz=America/New_York

INLINE's expert instructors conduct Pilates and Yoga small group classes. The reduced class size ensures that everyone receives a measure of individual attention. With greater focus and knowledge our students achieve results quickly. Individual sessions with an instructor multiply this effect.

To attend class please click CONTACT on the main web page to let us know to expect you! All mats and equipment are provided. Classes may include the use of toning balls, magic circles, and foam rollers.

Classes are no larger than 9 people. Duo and Trio Pilates, Yoga, and resistance training classes may be scheduled at the participants' convenience.

Please join the email list on the contact page to receive weekly announcements and updates!

rates

# of classes	Cost	Rate per
1 drop in	\$14	\$14
5	\$65	\$13
10	\$120	\$12
20	\$200	\$10

1300 bank st
3rd floor
baltimore, md 21231

410.522.0562

Group Class and Private Session Descriptions

Mat Pilates Group Class

45 minutes of Pilates mat work. Props such as Pilates balls, magic circle, blocks, stretch bands, and foam rollers are used. Beginner, intermediate, and advanced students are welcomed. To attend class just show up! You will be asked to sign a waiver and class cards will be available for purchase from your instructor.

Open access to cardio is not included.

60 minute private sessions

Please inquire on the "contact" page for price.

Your weekly sessions may include meeting with one of our personal trainers *and* a Pilates or yoga instructor. All of our personal care, education, and training techniques are combined to produce transformation each and every hour.

Open access to cardio equipment is included.

There are *no* scheduling limitations.

Visit the "services" section of the web page to learn about our blend of personal training, Pilates, and yoga. To schedule a complimentary consultation fill out the "contact" page.

30 Minute Private Sessions

30 Minute AMFR (Assisted Myofascial Release) Session:

30-35 minutes of personal stretching and myofascial release using the foam roller.

This technique smoothes wrinkles and knots in fascia and the underlying muscle tissue. Along with stretching, the 30 minute sessions reduce consistent pains and help you to achieve longer lasting flexibility. It will help return your body back to proper alignment after long periods of sitting in the office or commuting. The ills of intense repetitive motion and athletic activity can also be "rolled" away.

Please inquire on the "contact" page for price.

Clients may use cardio equipment before or after sessions. Scheduling is subject to some limitations.

30 Minute Focused Intensity Sessions:

These sessions use only our most effective techniques for promoting a superior level of conditioning. This includes high intensity, yet form perfect, resistance, interval, and/or Pilates training. Stretching is achieved during exercise and clients are asked to arrive early to warm up.

Please inquire on the "contact" page for price.

Client may use cardio equipment before or after sessions.
Scheduling is subject to some limitations.