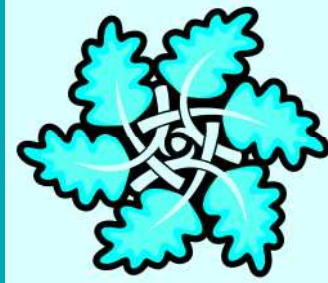



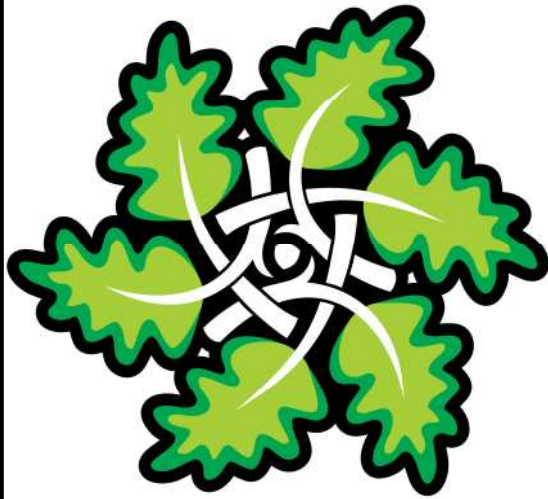


OakTree Pilates and Fitness

Innovative group training fueled by the Pilates method.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			\$55/month unlimited group fitness \$80 for an 8-class card ***Zumba pricing: \$42 for 6 weeks or \$8 to drop in.	1 7pm Mat Pilates (Free class)	2 5:30am Super Sculpt	3 7:30 Circuit Training 8:15 Mat Pilates 9am TRX
		6 5:15pm BOSUfit 6pm TRX Circuit 7pm Mat Pilates	7 5:30am Circuit Training 9:30am Pilates Strength 4:30pm Zumba*** 6:30pm TRX	8 7pm Mat Pilates (Free class)	9 5:30am Super Sculpt	10 7:30 Circuit Training 8:15 Mat Pilates <i>(There is no TRX class today)</i>
1 1 7:45am Step Moves 8:30am Mat Pilates	1 2 5:30am Super Sculpt 9:30am Mat Pilates 5:30pm Circuit Training 6:15pm TRX	1 3 5:15pm BOSUfit 6pm TRX Circuit 7pm Mat Pilates	1 4 5:30am Circuit Training 9:30am Pilates Strength 4:30pm Zumba*** 6:30pm TRX	5:30pm The Right to Bare Arms	1 5  1 6	1 7 7:30 Circuit Training 8:15 Mat Pilates 9am TRX
1 8 7:45am Step Moves 8:30am Mat Pilates	1 9 9:30am Mat Pilates 5:30pm Circuit Training <i>(There is no TRX class tonight)</i>	2 0 5:15pm BOSUfit 6pm TRX Circuit 7pm Mat Pilates	2 1 5:30am Circuit Training 9:30am Pilates Strength 4:30pm Zumba*** 6:30pm TRX	5:30pm The Right to Bare Arms	2 2 7pm Mat Pilates (Free class)	2 3 5:30am Super Sculpt
2 5 7:45am Step Moves 8:30am Mat Pilates	2 6 9:30am Mat Pilates 5:30pm Circuit Training 6:15pm TRX	2 7 5:15pm BOSUfit 6pm TRX Circuit 7pm Mat Pilates	2 8 5:30am Circuit Training 9:30am Pilates Strength		2 9 7pm Mat Pilates (Free class)	3 0 5:30am Super Sculpt
			Beach Night! 4:30pm Zumba 5:30pm The Right to Bare Arms 6:30pm TRX Bikini tops and Speedos get you a discount!			3 1 7:30 Circuit Training 8:15 Mat Pilates 9am TRX
						OakTree Outside! 7:30am Circuit Training 8:15 Mat Pilates 9:15 TRX <i>Location TBA</i>



OakTree Pilates and Fitness

66 Third Street, Dover
740.0004

oaktreepilates.com

Innovative Group Training
fueled by the Pilates method

Personal Training

Pilates Apparatus

TRX Suspension
Training

Class Descriptions

BOSUfit - How do you BOSU? An introduction to the BOSU Balance Trainer for improving strength, balance, agility, and cardiovascular fitness.

Circuit Training - Versatile and fun, OakTree's circuit class features equipment you don't always find in other clubs, including the TRX Suspension Trainer, the Pilates MvE Chair and the Pilates Reformer. Burn fat, build muscle, and fight boredom.

Mat Pilates - Listen to your body hum! Gentle yet challenging, Mat Pilates is a method of body conditioning that targets the body's postural muscles. Pilates works by pairing controlled movements with focused breathing. Exercises are performed on a mat, lying on your back, side, or front. Regular practice of Pilates will result in increased flexibility and muscular endurance, improved posture and an enhanced feeling of well-being.

Mat Basics - Learn how to move well and get strong in our mat Pilates intro class.

Pilates Strength - Your mind/body strength class. Incorporates weight and other strength equipment for a healthy core, improved muscular strength, and better posture.

Step Moves - A class that works your most important muscle - your heart. Guaranteed that you can do the moves in this class and still get a great cardiovascular workout . . . or I'll eat my Step.

Super Sculpt - It's a bird, it's a plane . . . nope, it's your body strong and streamlined with Super Sculpt! This strength training class works the entire body while focusing on proper form and alignment. Studies show that pumping iron can help a body shed fat more efficiently. Now that's super!

The Right to Bare Arms - Declare your constitutional right to look great in a tank top. Sculpted shoulders, a strong, chiseled back, and defined upper arms that don't flap like the American flag. Gain the upper body strength you always knew you had!

TRX Circuit/TRX - Invented by a Navy Seal to efficiently train deployed troops, the TRX Suspension Trainer uses one's body weight to develop strength, core stability, endurance, flexibility. With TRX, it's all core, all the time!

Zumba - A mix of easy-to-follow dance steps set to high energy Latin music. Get up and move!