

# **Pilates instruction by new professional, Lori Runyan**

## **Free Classes the week of May 1, 2017**

I am thrilled to announce the addition of Lori Runyan to our staff of professionals. Certified in group fitness through ACE, Lori is trained and certified in Mat Pilates and Reformer Pilates through Balanced Body.

The benefits of Pilates are well documented. Lori has developed programs with components specific to tennis players. She will be offering classes in our freshly remodeled Studio upstairs – a room we call “The Loft”!

We can all improve our strength, flexibility and balance on the tennis court through Pilates. An excellent form of fitness training for any level tennis player, the principles of Pilates are BREATH CONCENTRATION CENTER CONTROL PRECISION AND FLOW.....And, best of all, you can try it the week of May 1<sup>st</sup> FOR FREE! Try it before you play or after work or while your kids are in the Junior Academy. Times are:

- Monday, May 1, 9:30 am – 10:20 am
- Tuesday, May 2, 4:00 pm – 4:50 pm
- Wednesday, May 3, 6:30 pm – 7:20 pm

Bring a mat if you have one and we have some available as well. It doesn't matter if you are new to Pilates or an old pro, all are welcome! See you in the Loft!



Colleen Curran

ERC Manager

4-28-2017