

program guide



fit LIKE THAT


WELLBRIDGE
ATHLETIC CLUB
CHARLES SQUARE

winter | spring 2011

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Welcome

Dear Members,

Thank you for choosing the Wellbridge Athletic Club as your home for fitness, wellness, sports and fun. We have developed this programming guide to assist you in easily utilizing the motivating and inspiring programs that you are offered as a Member. Research shows that variety and consistency are key to a successful life of fitness and wellness and we know that you will find this in your Wellbridge Athletic Club Membership.

The guide is ordered by program category for youth and adult classes, events and more. We look forward to seeing you and your family at our Club.

Sincerely,

Melissa Murphy
General Manager
Wellbridge Athletic Club

Membership Information

Club Hours

Monday – Thursday
6AM – 10PM

Friday
6AM – 9PM

Saturday – Sunday
7AM – 7PM

Contacts

617.441.0800

Melissa Murphy
General Manager

Eric Abella
Personal Training Manager

Jurek Glod
Aquatics Director

Tracey-Ann Daley
Member Services Manager



Corporate Partnerships

To establish a company-wide health and wellness program, you need a foundation, a central focus, a CORE (Corporate Outlook, Response & Evaluation). Take the important first step with our complimentary CORESurvey and CORESeminars. Researchers have documented as much as a \$13 return for every dollar invested in employee wellness. Programs that typically yield the most success are tailored to the specific needs of a company's workforce and use specific measures to track results. By taking our CORESurvey, we will be able to better understand exactly what your company's associates want and need from a Corporate Fitness Program.



CORESeminars

As wellness experts, we believe one of the most effective methods to connect with your team is an annual awareness and education seminar. One of our Certified Personal Trainers will spend 30 minutes presenting the latest trends and discoveries in fitness, wellness and nutrition. Don't let your employees miss out on this free opportunity.

CORESeminar Topics

- :: Reducing stress in the workplace.
- :: Eat healthy on a busy schedule.
- :: Effectively take pounds off and keep them off.
- :: Incorporating fitness and proper nutrition into your lifestyle.

Electives | à la carte

We offer the following complimentary à la carte options to guarantee the partnership is precisely what you envision.

- :: Club Experience
- :: Lunch & Learn Series
- :: Associate Club Tracking (ACT)
- :: Corporate Ambassador

Essentials | dedicated resources

We will provide the necessary programs to ensure your associates enjoy the benefits of our Corporate Fitness Partnership.

- :: eFitTips
- :: New Hire Packet
- :: Annual Events
- :: Website Cross Promotions
- :: Club Champion Challenge

Member Advantage

Membership Privileges

As a Member you enjoy Club privileges that go beyond our walls and add value to your lifestyle. Utilize our resources and ask your Membership Representative to provide more information about the following programs.

Sponsored Guest Program

Invite local guests that are 18 years of age or older and enjoy the Club with a friend. Contact your Member Representative to pre-register a guest or simply provide their contact information. The Club will offer your sponsored guest 5 days guest access and an exclusive enrollment offer during their initial visit. Plus, if your pre-registered guest decides to join you will receive a special gift as a thank you.

Community Partner Discounts

We are proud of our longevity and relationship within the community, and the Club has used this connection to give back to its Members. Visit WellbridgeAthleticClub.com and click on "Member Discounts" under the "About Us" section to find out where your Club membership card can be shown for discounts on various products and services.

Social Opportunities

The Club hosts monthly social events to help Members meet other Members and for everyone to stay in touch. Ask a Membership Representative about our next event or register your email with us to receive electronic invitations. We also welcome your RSVP to include a friend, family member or co-worker to most Club social activities.

Club Activity Discounts

As a Member you are qualified to receive our best rates on all activities and programs.

Get the most from Your Membership

We are fortunate that we have the opportunity to help you further your fitness, wellness or lifestyle aspirations. The first month of your membership is essential in determining your success in meeting those goals. We have provided the following tips to make your introduction easy and efficient.

GPS Program

Allow us to schedule your appointment with a Certified Personal Trainer through our Goals Produce Success program. The Trainer can answer any of your questions, establish your baseline fitness or offer instruction on the equipment. Visit the Hospitality Desk to get started today.

Invite a friend

Ask your Membership Representative for a complimentary Sponsored Guest Pass today and invite a friend to help you explore a wide variety of sports, classes and events.

Member Advantage... continued

Establish a routine

Studies show that people who make fitness a priority are 80% more successful than those who do not. Play it smart and set up your first week of workouts today.

Try a class

All classes on the Group Fitness schedule are free, unless noted otherwise. Just a beginner? Inform the instructor and they can ensure you have a safe and fun class.

Meet your Member Services Manager

The Member Services Manager's job is to make sure you are maximizing your membership. Visit their office today.



Club social events are typically free to Members. Learn about the next activity and get involved.

All Wellbridge Clubs pride themselves in having a management staff that is available and accessible. You're always invited to drop by the General Manager, Membership Sales Manager, Member Services Manager or Personal Trainer Manager's offices or desks.

Aquatics

General Information

Pool Hours

Monday – Thursday
6AM – 9:30PM
Friday, 6AM – 8:30PM
Saturday & Sunday, 7AM – 7PM

Children's Hours

Monday – Friday, 2 – 5PM
Saturday & Sunday
10AM – 12PM & 2 – 5PM

Lap Swimming Guidelines

- :: Lanes must be shared during busy hours.
- :: Lap swimming is not allowed if there are more than 10 participants in aqua group exercise class (see our group exercise schedule for details).
- :: One lap lane may be available for adults during children's hours. However, the lap lane may be eliminated or used by children/families during very busy times.

For more information contact Jurek Glod, Aquatics Director at 617.441.0800 ext. 227 or jglod@wellbridge.com.

Adult Swim Program

Private Swim Instruction

Designed to meet the needs of each individual. Instruction is scheduled at your convenience.

30 Minutes

Member
\$36/one session
\$204/six sessions
\$372/twelve sessions

Non-Member
\$46/one session
\$246/six sessions
\$432/twelve sessions

60 Minutes

Member
\$72/one session
\$198/three sessions
\$348/six sessions

Non-Member
\$86/one session
\$228/three sessions
\$396/six sessions

Group Swim Instruction

This 6-week program is geared towards helping beginner or intermediate swimmers develop an efficient swimming style. Focus is on learning effective breathing, stroke and kicking techniques for the front crawl. Maximum of 6 participants per class. Sessions are 45 minutes long.

Member \$162
Non-Member \$192



Aquatics... continued

Power Swimming

This 6-week program is designed for advanced swimmers who want to enhance their endurance, improve their stroke and learn drills to incorporate into their swim routines. Participants should be able to swim front and back crawl for at least a 1/2 mile. Sessions are 45 minutes long.

Member \$162

Non-Member \$192

Swimming Workshops & Clinics

Workshops focusing on specific swimming strokes are offered periodically. Participants will learn a variety of drills to improve each part of the stroke and build endurance. Sessions are 45 minutes long and run for six consecutive weeks. The following are two examples of clinics offered.

Member \$162

Non-Member \$192



Butterfly Clinic

These clinics are designed for swimmers who already have knowledge of crawl and breast strokes. Participants will be guided through a series of exercises for proper arm stroke, kick, breathing rhythm and coordination.

Flip-Turn Clinic

These clinics are designed to teach intermediate and advanced swimmers step-by-step, flip-turn exercises.

Children's Swim Program

Private Swim Instruction

Designed to meet the needs of each child. Lessons are scheduled at your convenience during children's pool hours.

30 Minute

Member

\$36/one session

\$204/six sessions

\$372/twelve sessions

Non-Member

\$46/one session

\$246/six sessions

\$432/twelve sessions

Semi-Private Swim Instruction

Kids will benefit from both the concentrated attention of the instructor and the motivation and fun of having a buddy in the class. Lessons are scheduled at your convenience on either weekdays or weekends during children's pool hours.

30 Minute

Member

\$26/one session

\$144/six sessions

\$276/twelve sessions

Non-Member

\$35/one session

\$186/six sessions

\$336/twelve sessions

Children's Group Lessons

Group sessions all run for eight weeks and are 30 minutes in length. All classes are limited to 5 participants except the Best Start classes, which are limited to six.

Member \$144

Non-Member \$176

Best Start

6 months – 3 years

This parent/child swimming class is the best start a child can have. In this class, games and other techniques are used to help children not only enjoy the water, but also become water safe at an early age. A parent or caregiver must be in the water with the child throughout each class.

Child, Level 1

3 – 6 years

For children who have never taken swim lessons before.

Child, Level 2

3 – 6 years

For children who have little or no fear of water, and who can float unsupported.

Child, Level 3

3 – 6 years

For children who can submerge/retrieve an object and can demonstrate front & back crawl.

Youth, Level 1

7 – 15 years

For youth who need to learn basic aquatic skills, such as floating, gliding, flutter kick and front/back crawl.

Youth, Level 2

7 – 15 years

For youth who can already swim front and backstroke, but who need to improve technique and build endurance.

Group Fitness

For further information about any of the following classes contact Eric Abella at 617.441.0800 or eabella@wellbridge.com today.

Ballet Sculpt

Lengthen & strengthen your way to a dancer's body. This training program is specifically designed to improve your body's alignment, increase flexibility and range of motion, and develop muscular endurance.

Cardio Kickboxing (2-4)

Provides a high intensity workout based on kicks, punches and blocks from kickboxing and martial art forms.

Core Definitions

Work every muscle in every angle. This intense total body workout is designed to improve muscular strength and endurance utilizing free weights, core boards and stability balls. Movements also emphasize building strong abdominals and lower back to enhance strength, muscular symmetry, alignment and flexibility.

CORE w/ Step

A choreographically and challenging workout based on the aerobic step. This class will improve your cardiovascular fitness while challenging your coordination.

Hatha Yoga

Synchronizing the breath with a progressive series of postures, a process producing intense internal heat and a purifying sweat that detoxifies muscles and organs.

Hatha Yoga (1-2)

This style of yoga provides a great option for the beginner. In addition to standard yoga postures, participants can expect to learn other yoga practices such as breathing and awareness.

Lunch Time Yoga

Reduce work day stress through dynamic breathing, stretching, exercise, relaxation and meditation in different poses and postures.

Muscle Conditioning

Following a short step or urban rebounding warm-up, this class focuses on muscle strengthening and toning using free-weights, body bars, tubing, balls and mat exercises.

P.I.T (3-4)

Power Interval Training. Often working in pairs and groups, this circuit and drill-based class provides a high-intensity, challenging endurance and strengthening workout. This class tends to travel outdoors on warm days.

Pilates

Pilates promotes breath and movement, body mechanics, concentration, balance, and posture. The exercises emphasize the core muscles of the abdomen, gluteus, and back. For more information see pages 21-23.

Pilates Mat

Pilates promotes breath and movement, body mechanics, concentration, balance, and posture. The exercises emphasize the core muscles of the abdomen, gluteus, and back.

Pilates Mat w/props (1-3)

Pilates emphasizes coordinating the core muscles (abdominals, back, and pelvic floor) to strengthen the center of the body. This form requires concentration to assist in developing strong, lean abdominal muscles as well as improving coordination, balance, and breathing efficiency.

Rebounding & Muscle

Cardiovascular and Muscular endurance with the usage of mini trampolines and muscle strengthening.

Revolutions (1-3)

Increase your cardiovascular and muscular endurance with this challenging and motivating workout based on the stationary Spinning bikes.

Sivanada Yoga (1)

A combination of influences with a focus on mind/body connections, strength and flexibility.

Special Populations Workout

Cardiovascular workout, often incorporating various balance and muscle toning.

Stretch

Learn creative ways to stretch as well as proper techniques to help increase your flexibility.

Total Body Sculpt

Improve full body strength and work on flexibility. This class emphasizes core work to build a stronger sense of inner strength and balance.

Traditional Hatha Yoga (1)

Synchronizing the breath with a progressive series of postures, a process producing intense internal heat and a purifying sweat that detoxifies muscles and organs.

Vinyasya Yoga

A combination of flowing posture sequences that can be modified to suit all levels. This "meditation in motion" promotes strength, coordination, and mindfulness.

Water Aerobics

A cardiovascular, strengthening, balance and stretching workout where water-based exercises are modified for your abilities.

Water Aerobics Basics (1)

This class provides a super cardiovascular workout in the water. It consists of an active warm-up and stretch, 30-40 minutes of cardiovascular work, resistance training and a final stretch. No experience necessary.

Yoga

This is the most highly customized form of yoga. Vinyasa Yoga teachers cater stretching postures to individual student needs and abilities.

Yoga Basics

Reduce stress with dynamic breathing, stretching, exercise, relaxation and meditation utilizing different poses and postures.

Zumba®

Latin dance workout for all levels. The hottest new trend in fitness.

Member Events

Poolside Wine & Cheese

Join us poolside for wine and cheese sampling. Chat with staff and fellow Members while sampling a variety of wines as well as an assortment of gourmet cheeses. Complements of Cardullo's in Harvard Square. Members and their guests must be 21+.

Thursday, January 27

6 – 8PM

Thursday, March 24

6 – 8PM



Monday Bagel Breakfast

Grab a bagel and coffee after your morning workout. A delicious selection of fresh bagels and spreads from Finagel-A-Bagel, and hot coffee complements of Dunkin' Donuts.

First Monday of each month

6 – 9AM

Personal Training

The Reality

70% of all Americans will begin at least 1 exercise program in their adulthood. In less than 3 months, 80% will quit. 50% of dieters weighed more than 11 pounds over their starting weight 5 years after the diet.



The Solution

Personal Training - 85% of all individuals who have a Personal Trainer maintain their exercise schedule.

By following a fitness program created by your Personal Trainer, you can reasonably expect to lose 1-2 pounds of fat per week. Personal training programs also promote healthy weight loss that can be maintained by increasing metabolism and decreasing body fat.

*"It's my first experience working with a personal trainer; I never felt I needed one or would enjoy it. Instead, I have continued to work with my trainer twice a week. Nothing routine about it because I never know what to expect - except that I will work hard. I haven't been this physically fit for 15 years."
~ Dr. Heidi Brinkman*

With the knowledge and experience that comes from being nationally certified and/or a graduate in Exercise Science or another health related field, our Personal Trainers are proven experts. Take advantage of their expertise and get started today.

Consistency & Motivation

Two of the biggest reasons an individual finds success with a Personal Trainer are consistency and motivation. Our trainers focus on you and your goals in order to create a comprehensive program that incorporates structure and accountability. That consistency brings results and those results produce self motivation. All of these components will help you develop a lifestyle that encourages health.

Weight Loss

The majority of people hire a Personal Trainer to lose weight and get into shape. Your Personal Trainer can provide all of the tools necessary including nutrition support, goal specific fitness programming, and lifestyle integration coaching. Working with our trainers will make you feel like The Biggest Winner.

Personal Training

Stress Relief

Research has shown that regular cardiovascular and resistance training will lower the heart's response to psychological stress, and also offers long-term protection against the risk of heart disease. Combine those benefits with a Personal Trainer who is focused on your success through effective training strategies in a safe environment and your stress will decrease as your health and confidence skyrocket.

It all comes down to one word: desire. You desire a change and our desire is to help you get there. Lose weight, gain muscle, get faster, run farther, live longer, be happier. It's what you desire. It's what we do.

Sports Performance

Whether you aspire to cross the finish line of a 5K, improve your golf swing, maintain power throughout your tennis match, or catch the eye of a college recruiter, our trainers can maximize your potential. Many of our trainers have advanced specialization in sports performance and will apply their skills to your goals.

Injury Rehab & Prevention

Low back pain affects nearly 80% of adults, and musculoskeletal symptoms of the knee, shoulder, foot and ankle are the No. 2 reason people contact a physician. Many of our trainers specialize in the advanced knowledge, skills and abilities to successfully work with clients suffering from musculoskeletal impairments, imbalances and post-rehab concerns. Our team can help you prevent injuries through stabilization and balance training specifically designed for your body.

Look and feel the way you've always wanted. Contact the Member Service Center Desk and get started today.

Group Personal Training

Baby Weight! Use It to Lose It.

No babysitter needed. Work out safely with your child. Use your baby's weight to help you sculpt the body you want. Get affordable Personal Training with individualized attention in a small group setting. Tone your body and lose weight with total body strength training. Special focus is given to abdominals and lower back strength. Improve posture, gain energy and learn exercises you can do at home. Maximum 6 pairs/class. Approximately 4 months up to walking. It is required that your baby can securely hold his/her head up.

Boot Camp

First class is complimentary. High Intensity, high cardiovascular with body weight oriented dynamic movements.

\$25/session

\$200 Package of 10

\$300 Package of 15

FitExpress

The success of your weight loss & wellness goals depends on healthy eating and regular exercise, but it's not as easy as it sounds, right? Become a part of a 4-8 person group that inspires and energizes each other during fitness and nutrition sessions led by Fit Express Personal Trainers. The Fit Express format will help you accomplish your goals in a motivating & fun environment. For more information or to sign up, contact a Personal Trainer.

Fit Express at a Glance

- :: 12-week accelerated results program conducted in a small-group setting
- :: 2 individual sessions with your Fit Express Personal Trainer to establish your goals and ultimately measure your success
- :: 3 cardio & resistance training group workouts/ week
- :: Led by a certified Personal Trainer specially trained in exercise and nutrition principles required to quickly optimize & retain weight loss throughout your life

:: Consistent support & nutrition education; including a 3-month Fit Express Nutrition & Exercise Journal to help you track your progress

New classes begin each month. For more information contact Personal Training Manager, Eric Abella, at 617.441.0800 or eabella@wellbridge.com.

Golf Clinic

Want to improve your golf game? This sports specific training program will help increase your flexibility to improve your backswing and follow through, develop muscular endurance for the back 9, and increase overall power and strength for the long ball.

Improve Your Balance

Each year 1 in 3 people over the age of 50 experience a fall. Prevent falls and improve your balance today. This will consist of a structured program with a variety of safe balancing exercises that can be done several times per week.

\$80/session
\$560 Package of 8

Indoor Rowing

Get in the best shape of your life, right now. Class taught by US Rowing Certified Instructor Joshua Platt.

- :: Improve Cardiovascular & Muscular Performance
- :: Increase Flexibility, Core Strength & Improve Posture

One Hour Session, \$90

5-Session Package
\$400 (\$80/class)

10-Session Package
\$700 (\$70/class)

By appointment only. All ages and abilities.

Kettlebell Clinic

Achieve incredible results with one of the top certified trainers in kettlebells in the industry. Very little impact on the joints makes this clinic great for all ages. Main focus is on lean muscle building, not bulking up. Classes are held indoors and outdoors.

\$35/session
\$480 12-pack

Personal Training ... continued

Kids Fit Club

Ages 5+

Weekend and weekday class times are available. These hour long classes are taught by certified personal trainers with experience working with children in fitness. Classes will include fitness oriented game play. Members can pre-register 24 hours before any of the class start times through the Personal Training Manager.

\$25/session

\$150 10 pack

Pre/Post Natal Training

All moms to be, come and join our prenatal and post natal program with a certified personal trainer, Ash Cramond. Individualized cardio, strength and flexibility training will help you enjoy your pregnancy even more. Extensive research has shown the positive effects of regular exercise on all phases of pregnancy, including:

- :: Limit weight gain
- :: Less physical discomfort
- :: More energy during the day, quality sleep at night
- :: Easier, shorter and less complicated labor
- :: Quicker postnatal recovery

\$45/session

\$200 10 sessions

Running Clinic

Instructed by a triathlete/ personal trainer, this clinic will introduce you to proper running form, mechanics and training techniques to enhance speed and efficiency.

\$25/session

\$200 10 pack

Self Defense

Join Amy Revell, personal trainer and American Kenpo brown belt, for an enlightening and empowering self-defense class.

- :: Learn simple and powerful self-defense techniques against a variety of common attacks
- :: Gain tools to increase your self-confidence
- :: Get an introduction to a typical martial arts training program

Triathlon Club

Are you ready to TRI?

Triathlon is a multi-sport endurance event consisting of swimming, cycling, and running in immediate succession over various distances. Join Elite Trainer and multiple distance triathlete, Vanessa Cadoux, in this program designed to fully prepare you for triathlons. Learn about proper training equipment, transitions and body maintenance. For more information contact Vanessa Cadoux at vcadoux@wellbridge.com.

*8 weeks Beginning January 10
Mondays & Wednesdays
12 – 1PM*

FIT ***Express***



Professional Instruction, Group Motivation, Individual Results

:: Nutrition Coaching :: 3 Group Training Sessions A Week

:: Nutrition & Exercise Journal

LESS THAN \$14 A SESSION

Visit the Reception Desk for more details.

Personal Training ... continued

Triathlon Training

Experience the difference. Swim to improve endurance, technique and overall race strategy. Bike to improve speed and lactic threshold. Run to improve stride technique and speed.

Travel Program

Traveling from home doesn't have to result in an interruption or complete abandonment of your healthy habits. You can still fit in exercise time when away from home, regardless of whether you find yourself in a warm or a cold climate. Even if bad weather forces you into seclusion in your hotel room, there are exercises you can complete without a single piece of equipment. 30-minute sessions.



Winter Sports Program

As winter approaches, it is better to prepare your mind and body for the challenges of the upcoming season today. In order to build up your stamina, improve your overall muscle endurance, enhance your agility and stability, and decrease the risk of injury, a focused training regimen is necessary.

Pilates

Mission

To enrich the lives and wellness of our communities through the classical teachings of Joseph Pilates while adding a contemporary approach with informed instructors, dynamic classes, and enlightened participants.

Vision

To be the best Pilates program and steep our Members in health and wellness. Wellbridge will be a leader in Pilates education through Internationally Recognized STOTT Pilates® trainings.

Who We Are

The Wellbridge Company is proud to be a STOTT Pilates® Training Center. Our Instructors continue their education in both classical and contemporary Pilates methods to ensure the quality, the commitment and the professionalism required by the Wellbridge Family of Clubs.

The Benefits of Pilates

- :: Increases strength with flexibility
- :: Develops balance and coordination
- :: Improves posture and alignment
- :: Boosts core strength and stability
- :: Increases muscular tone & endurance
- :: Enhances weight management
- :: Relieves stress & back pain
- :: Improves athletic performance
- :: Heightens body awareness
- :: Eliminates joint impact
- :: Prevents injury



Instructor Definitions

Our highly qualified and knowledgeable instructors will bring his or her own rich and diverse experience to each session and lead you through the Pilates Method.

Student Apprentice Instructor (SAI)

Has completed one or more Pilates training courses and is working towards their full certification.

Nationally Recognized Instructor (NRI)

This instructor has received their nationally recognized certification in the Pilates Reformer.

Nationally Recognized Instructor Trainer (NRIT)

This instructor has received their nationally recognized certification in additional apparatus- Cadillac, Chair and Barrel.

Nationally Recognized Instructor Plus (NRI+)

Has received their nationally recognized certification in the Pilates Method, as well as two additional apparatus certifications, such as Cadillac, Chair or Barrel.

Pilates ... continued

Policies

Studio Policy

Before joining a Pilates Group Equipment class a Member must complete either the 3-private or the 5-group INTRO Pilates Package, where the instructor conducts a postural analysis, assess your movement and begin teaching you the philosophy and method of Pilates.

Sign Up

For more information about Pilates programming contact the Hospitality Desk or Personal Training Manager, Eric Abella at 617.441.0800 or eabella@wellbridge.com.

Cancellation Policy

Cancellations must be made 24 hours in advance to avoid being charged for a session.

Safety Policy

Due to the highly specialized instruction required, Pilates equipment may not be utilized by the Member on their own.

Classes

Mat

Floor exercises are the foundation of the Pilates Method that bring together core strength, breath, body alignment, posture and balance. Strengthen your core from the inside out. This class is free and will prepare you for Reformer and equipment work.

Reformer

The workhorse of Pilates that allows you to personalize your work with varying degrees of assistance and resistance. This class is an invigorating workout that builds strength, flexibility and ultimate core control. Fees apply. Sign up required.

Private, Duet, Trio & Group

A customized session ideal for those who desire more focused attention on personal goals; who wish to expand their Pilates practice; or for those with special physical concerns. Group classes are 4 or more participants and are extremely motivational by offering the dynamics of a group setting and a variety of exercises and apparatus work.

Pilates Programming

Pilates Apparatus on the Mat

Build your own reformer in your body. Ideal for those who want to bring their reformer workouts on the road. Learn to simulate exact reformer movements and progress your Mat workouts to a higher level. Recommended for advanced participants.

Pilates & Athletic Conditioning

Challenges joint stability through dynamic movements in this sports-specific training designed to improve strength and agility through core conditioning.

Pilates Circuit Program

Duets provide teamwork with personalized attention. Connect with your core even more and discover how Pilates apparatus will enhance your mat workouts while being motivated in a private group setting.



Pilates Plus PT

Combines Pilates and Personal Training to get the best of both worlds. Enhance your workouts by incorporating a 30-minute workout with a Personal Trainer followed by a 30-minute workout with a Pilates Instructor. Both the Pilates and Personal Trainer will work together in designing the right workout specific to your goals and needs.

Pilates with Props

Designed to introduce and progress an individual with all the tools Pilates has to offer, working with Pilates props will help enhance core awareness.



Visit us online at [WellbridgeAthleticClub.com](https://www.WellbridgeAthleticClub.com)

5 Bennett Street | 617.441.0800