

# Pilates: Postural Restoration Style

## Pilates with BETH ELDER

Postural Restoration Pilates combines a Pilates core workout with a Postural Restoration understanding of human positional tendencies. The combination of these two approaches results in a targeted, effective, power packed workout that activates abdominal muscle engagement and diaphragmatic breathing for good posture and core strength. Postural Restoration Pilates will give your body a workout that helps to heal and balance your body, rather than adding more stress to it.



### Class Times

**Tuesdays 10:20am - 11:20am & 6pm - 7pm**

**Wednesday 6pm - 7pm**

(exercise mats are required and are available for purchase at Advance Physical Therapy)

*Beth Elder is a NASM & ACE Certified Personal Trainer and PCC Pilates Certified Instructor*

**Class Location: Advance Physical Therapy, 77 South Elliott Road, Chapel Hill, NC 27514**

### 2015 Pilates Package Rates:

Drop-In Class: \$25.00 per class

**5 Class Pass** package: **\$100** total (\$20.00 per class)

**10 Class Pass** package: **\$175** total (\$17.25 per class)

**15 Class Pass** package: **\$225** total (\$15.00 per class)

**\*\*BEST VALUE\*\***

**25 Class Pass** month package: **\$300** total (\$12.00 per class)

REGISTER TODAY at Advance Physical Therapy (919) 932.7266