



Skype into Centre Pilates

Now with **Skype -- get “into Centre Pilates®,” virtually anytime and anywhere!** Even if you are located far from our Pilates studio, using live interactive video, your instructor is able to work with you in accordance with your specific needs. **It’s a lot like being there in person!**

Unlike a prerecorded video, your instructor will work with you exclusively, in real time, able to personally instruct you, motivate you and ensure you are working effectively and safely – to maximize your Pilates experience and its benefits.

Catherine, your instructor, was one of 50 worldwide Certified in the Authentic Pilates Method of Body Conditioning in the exclusive Independent Study Program with Romana Krysnowska – protégée of Joe Pilates and world renown recognized authority on Pilates. Since her certification under the direct tutelage of Romana, Catherine has worked with all levels and types of clients, from children to the elderly, novices to the athletes, the injured, those seeking injury prevention and everyone seeking to optimize their health and body conditioning. Catherine also has a unique history of effectively applying her Pilates knowledge on herself to recover from debilitating injuries and illnesses (including Fibromyalgia, Herniated Discs, RTC Surgery, and most recently, debilitating exposure to Carbon Monoxide Poisoning.)

Upon your first meeting, Catherine will assess your physical condition, background, concerns and personal goals to determine the best approach to reach your full potential-- with authentic Pilates movements tailored specifically for you. She will also answer any initial questions you may have for you to feel comfortable that her program is right for you. Best of all, with Skype “into Centre Pilates®”, you get to choose where to have your session (with flexible appointments.)

Skype requirements: an internet connection with a computer, webcam and microphone (built in to many laptops) and the interactive audiovisual operating software downloaded free from Skype.

To learn more about Skype and its requirements, and to download the free software, go to the Skype home page: <http://www.skype.com/intl/en-us/home>

Book Your Session Today! Call: CentrePilates® 215-579-0007

ONE 45 MIN. INDIVIDUAL SESSION \$60

TEN 45 MIN. INDIVIDUAL SESSIONS \$550

You may wish to gather a couple of friends at your site to share the session!

Join us virtually for our Mat Class Thursdays @9:00am EST! \$20 (equipment recommended: 5/8” Floor Mat)

Join us virtually for our CHAIR Class Mondays @9:00am EST! \$40 (equipment required: Pilates Chair)

The Mat session is performed without equipment (other than a recommended thick Mat) using your own resistance when performing movements on the floor. Otherwise, you can add to your repertoire with suggested weights of 1 - 2lbs, stretch bands and Pilates equipment such as Pilates Chairs, Reformers, Cadillac/Tables and so forth. The combination of workouts are – **virtually limitless!** (pun intended)...

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Catherine