

About *STOTT Pilates*

STOTT Pilates is a contemporary, anatomically based exercise method. Its exercises safely deliver optimal strength, flexibility, and endurance without adding bulk. This stress relieving method can be performed on a mat or using dedicated STOTT equipment such as Reformers, Cadillacs, and Barrels. Workouts are customized to suit an individual's needs and goals. **All of our certified staff attend updated certification workshops annually.**

BENEFITS OF STOTT PILATES

- Improves posture
- Develops core strength
- Creates longer, leaner muscles
- Balances strength and flexibility
- Improves coordination and circulation
- Non-impact, easy on joints
- Complements other methods of exercise
- Advances your sports performance
- Enhances functional fitness & ease of movement

WHO SHOULD TAKE STOTT PILATES?

- People looking for relief from back pain
- People who work at a desk or cyclists who are constantly flexed forward
- Men looking for a new way to increase their stamina and improve their core strength
- Golfers looking to improve their swing
- Elite athletes and athletic people
- Pregnant women and new moms
- People wanting to get fit and relieve stress at the same time
- Men & Women, all ages and levels!

EXPERIENCE THE BAY TENNIS & FITNESS DIFFERENCE

Bay Tennis & Fitness is Northwest Michigan's finest and most complete Tennis & Fitness facility. Our programs and dedicated staff of Certified Trainers and Instructors provide an opportunity for all ages and abilities to maintain and improve their quality of life. We are here for you!

We truly look forward to hearing from you. Our STOTT Pilates instructors are ready to get you started today!



STOTT CERTIFIED INSTRUCTORS:
Barb Wilson, Glenn Stark, Julie Behan Symons

SUMMER HOURS :

Monday-Thursday: 5am-9pm
Friday: 5am-8pm
Saturday : 7am-6pm
Sunday: 7am-5pm



STOTT Pilates

Certified STOTT Pilates Instructors



Group Mat Classes, Group Reformer Classes,
and Private Sessions custom-designed
with your goals in mind!

Core Strength * Flexibility
Lean Muscle* Posture * Relieve Stress

Experience the amazing benefits of
Pilates at Bay Tennis & Fitness today!

611 Woodview Drive, Harbor Springs, MI
(231) 487-1713
www.baytennisandfitness.com

Testimonials

"Pilates makes you feel stronger and more in tune with your body. It can be one tough, sweaty workout. Ask about the jumpboards!"

Charles—Petoskey



"My back used to ache from working at a desk all day. Now that I'm taking regular Pilates classes, I feel so much better!"

Michelle—Bay Harbor



"I was always curious what all that Pilates equipment was for but once I heard it could improve my golf swing, I had to give it a try. I have to admit this stuff really works!"

John—Harbor Springs

Pilates Reformer Studio Rates

(Prices are per person)

	Member Rates	Non-Member Rates
Private Session	\$58	\$62
6 pack	\$324 (\$54 each)	\$342 (\$57 each)
12 pack	\$600 (\$50 each)	\$624 (\$52 each)
Duet	\$40	\$46
6 pack	\$210 (\$35 each)	\$240 (\$37 each)
12 pack	\$396 (\$33 each)	\$444 (\$37 each)
Small Group (3-4)	\$35	\$40
6 pack	\$198 (\$33 each)	\$222 (\$37 each)
12 pack	\$372 (\$31 each)	\$420 (\$35 each)
Mat Pilates Group Classes	\$7.00	\$10

Pilates Reformer Studio Classes may incorporate the Cadillac, Chairs, Barrels, and Mat techniques to challenge and assist you.

****All packages expire 6 months from purchase date.****

****A 24-48 hour cancellation notice is required to avoid a full session charge.****

8-2-2012

STOTT Pilates at Bay Tennis & Fitness



All of our instructors are certified in STOTT Mat, Reformer, Cadillac, Chair, and Barrels.