

## **ONLINE PILATES & CARDIOSCULPT CLASSES**

### **How it Works**

- 1) Sign up for a class package at [balancesolutions.com/classes/](https://balancesolutions.com/classes/)
  - a. Gold Package \$72/month – 3 classes per week
  - b. Silver Package \$56/month – 2 classes per week
  - c. Bronze Package \$32/month – 1 class per week
- 2) View the class schedule and join a class at [balancesolutions.com/classes/schedule/](https://balancesolutions.com/classes/schedule/)
- 3) All classes will take place via the Zoom conference platform.
  - a. Zoom works on a computer, laptop, tablet, or smartphone.

### **Help & Support**

If you need any assistance please email [help@balancesolutions.com](mailto:help@balancesolutions.com) or call (440) 449-3400.

### **Class Schedule**

#### **Pilates with Mat Props**

*Tuesday and Thursday at 5:45pm EST*

This class will embrace the Pilates Mat work form of body conditioning and will focus on strengthening the core, improving posture, as well as increasing flexibility and endurance. The exercises performed during the class will be modified to include all skill levels; from beginners to intermediate and advanced.

#### **CardioSculpt Class**

*Saturday 10:00am EST*

This class will increase your heart rate and tone your muscles! Keep up in the class and follow modifications when you need to. Strengthen your body with weight lifting intervals and improve your cardio endurance with cardio intervals. At the end of class we challenge you with a mini core routine and finish with relaxing cool down and stretch. This is your all in one workout!! Start your Saturday right with this amazing workout!