



Pilates Barre Class

Barre class — without the barre! Wake up and start your weekend with this dynamic barre-style pilates class. We start with pilates floor warm-ups, then take the pilates principles to standing in a fun, energetic workout. We may use small props, the wall or a chair for support, plus a bit of rhythm. It's not ballet or dance, but is inspired by their dynamic barre exercises. No pilates or dance experience needed.

**4-week Session: Saturdays Oct 27, Nov 3, 10, 17
8:30 to 9:30 a.m. \$60**

Registration secures your space in the class.

Easy payment through PayPal: drmeg@clc4health.com or by phone with credit card: 360-373-2225

What is pilates? Pilates is a system of exercises designed to increase strength, flexibility, coordination, balance and control. Pilates focuses on the deep stabilizing muscles throughout the body. The exercises emphasize joint stability and muscle balance. Regular pilates practice can help you to move through your daily life with fluidity and ease, and help you perform better in any athletic or recreational activity. Each exercise emphasizes precision, flow and correct form. Controlling your muscles, by focusing your mind, enables you to experience a new awareness of muscle function and coordination.



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Instructor Sheli Potmesil's movement background spans decades. She holds a BFA in Dance and was a professional dancer for 13+ years. She has experienced the benefit of pilates since the early 1990's, as an adjunct to her dance career, and in rehab for injury. She has been a certified Stott Pilates instructor since 2005, and a MELT instructor since 2011.