GET STRONGER
FEEL TALLER
LOOK LEANER

TRY PILATES AT FITREC

BU Fitness & Recreation Center

bu.edu/fitrec/pilates.com
EXERCISE EFFECTIVELY WITHOUT INJURY, STREAM-LINE YOUR BODY, AND RELAX TENSE, SORE MUSCLES ALL WHILE HAVING FUN!

PILATES-BASED CONDITIONING
Large group exercise class based on the floor with a focus on strength and coordination

PILATES APPARATUS
Small group training (max 4 students per class) using the Pilates reformer and small equipment to target lower abs, upper back, gluteal muscles and hamstrings

PRIVATE PILATES TRAINING
Gain individual knowledge of your postural habits and areas in need of improvement. Learn faster and get the most customized program possible

FREE 30 MINUTE PILATES INTRODUCTORY SESSION
Fridays, 12-2pm in FitRec L249
Learn about classes, discuss your goals, tour the equipment and get recommendations

To schedule an appointment, call Ann Allen at 617-353-4041 or email aballen@bu.edu

To register for classes visit bu.edu/fitrec/pilates.com