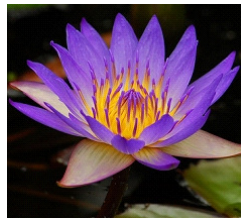


Who is Pilates for?

- ◆ *Jamie Lee Curtis, Curt Schilling, Natalie Coughlin, Kobe Bryant, Halle Berry, Pippa Middleton and people like you!*
- ◆ *People who desire better posture and body awareness*
- ◆ *Individuals who continuously get injured from other activities*
- ◆ *Any body type or fitness level*
- ◆ *Post-physical therapy patients who want to maintain pain free alignment*
- ◆ *Competitive athletes, seniors through teens. Joseph Pilates hoped that his matwork would be taught in every grade school. He believed that the world would be a happier place if everyone practiced his method.*



CoreFocused, LLC

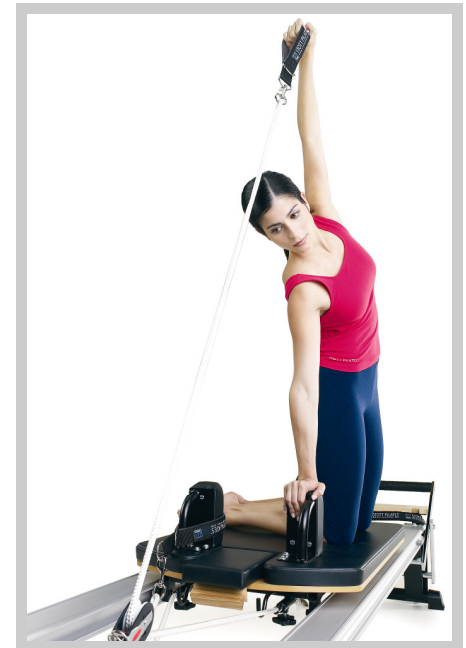
Wheeler Road
Hollis, NH 03049

Email: jody@corefocused.com
www.corefocused.com

CoreFocused, LLC 2005-2012



Pilates & Cycling Personal/Small Group Training



STOTT PILATES® photography © Merrithew Corporation

www.corefocused.com

Wheeler Road
Hollis, NH 03049

603-554-7522

Why participate in Pilates or Cycling & Pilates sessions

- ◆ To tone & balance your entire body
- ◆ To avoid/overcome back pain, hip pain, shoulder pain
- ◆ Stronger muscles mean stronger bones
- ◆ Increased strength, flexibility, stamina, coordination
- ◆ To set the foundation to reach your cardio based workout goals
- ◆ For a safe and effective alternative to weight training
- ◆ For feeling grounded, connected and in the present
- ◆ For a an enjoyable & effective workout that is gentle on the joints
- ◆ It is mindful & fun!



My Experience

- ◆ STOTT PILATES® student since 2000
- ◆ Teaching STOTT PILATES since 2005
- ◆ STOTT PILATES Certified Mat 2006
- ◆ STOTT PILATES Full Certification: all levels in Mat, Reformer, Cadillac, Chair, Barrels and Injury & Special Populations Course 2009

Education

- ◆ STOTT PILATES course work over 262 hours of classroom training, 110 hours of observation, over 3250 hours of teaching, plus annual continuing education credits & training
- ◆ Mad Dogg Spinning Certification
- ◆ Red Cross CPR/First Aid Certification
- ◆ B.S. Electrical Engineering, Lafayette College 1981



Jody Secules, owner and instructor of CoreFocused, LLC

Pilates or Cycling/Pilates Sessions

Private Session (60 minutes) \$ 50.00

Package -10 Private sessions \$450.00

Duet Session (60 minutes) \$ 35.00 each

Package -10 Duet sessions \$320.00 each

Private Session (75 minutes) \$ 62.50

Package -10 Private sessions \$562.50

Duet Session (75 minutes) \$ 43.75 each

Package -10 Duet sessions \$400.00 each

24 hour cancellation policy excluding severe weather or illness.

Easy online scheduling options.

