



Inspired Wellness

View Class Descriptions

(248)988-8098

1185 S. Adams Birmingham, MI 48009

inspiredwell.com

GROUP CLASS SCHEDULE

June 19, 2010 - September 9, 2010

MONDAY

7:30am Combo Apparatus (No class Labor Day)

*6:30pm Springboard Sampler (No class Labor Day)

TUESDAY

7:00pm GOLF Combo Apparatus

Note: GOLF Combo is open to non-golfers; class focus is safe spinal rotation!

WEDNESDAY

*10:30am Beyond Foundations

6:30pm CORE Workshop (7/7, 8/4, 9/1, 9/29, 10/27)

THURSDAY

*10:00am Beyond Foundations

11:00am BAL-A-VIS-X (7/8, 7/15, 7/22, 7/29, 8/12)

(There will be a complimentary Sample BAL-A-VIS-X Class 6/24 at 11:00am)

12:00pm Stable and Able Spine

SATURDAY

8:00am Nia (Six week Session) 7/3/2010 to 8/7/2010

Starting September 4th, 12 week Nia session will resume

*10:00am Springboard Sampler (No class 8/21 - Dream Cruise)

* Semi Private (4 person) Class

Registration is on a first come, first serve basis. Reservation is confirmed when payment is received.

See pricing on back.

SPECIAL !

Sign up for one 12 week session at a regular price: \$240 group/\$300 quad/\$360 springboard (\$20/\$25/\$30 per class) and get the second 12 week session at a discounted price: \$180 group/\$240 quad/\$300 springboard (\$15/\$20/\$25 per class). Discounted class will be of equal or lesser value.

There are also private Brain Gym and BAL-A-VIS-X sessions available on Thursdays by appointment.

Please inquire at the desk or call 248-988-8098 for further information.

BAL-A-VIS-X is a brain integration program that integrates the senses of BALance, Auditory and VISion using rhythmic eXercise done with bean bags or racquetballs

CLASS DESCRIPTIONS & PRICING

SPRINGBOARD QUAD Semi-Private (4-person max)

Springboard Sampler	Wanting the benefits of the Pilates apparatus at a more affordable price? Experience the versatility of the Springboard for core, upper, and lower body.
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QUAD Semi-Private (4-person max)

Foundations	Just as important as laying the foundation of your house, you must properly lay the support structure of your body. Gentle introductory exercises to help you recruit your greatest internal stabilizers.
Beyond Foundations	Continue working on building core stability while beginning to incorporate movements using the Pilates principles.

GROUP Classes

Stable and Able Spine	Start laying the bricks on that foundation! This empowering class will show you that you <i>can</i> exercise with mindfulness and safety for your spine.
Combo Apparatus	Time flies when you combine cardio and the amazing Pilates apparatus! Get challenged as never before as you experience the Reformer, Cadillac, Chair, Barrel and Bosu.

Nia

Nia	Movement based in dance and the martial arts. Nia will warm you up, stretch and tone your muscles, and cool you down without feeling like you "just worked out." It's like chocolate, you have to try it!	\$72 for 6-Week Session \$15 for Single Drop-In (Make-ups in group classes.)
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BAL-A-VIS-X

BAL-A-VIS-X	A brain integration program that integrates the senses of BALance, Auditory and VISion using rhythmic eXercise done with bean bags or racquetballs while standing on a balance board.	\$18 for Each Class One child free with each paying adult
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\$360 – SPRINGBOARD QUAD 12-Week Session (or **\$252** for 6 DROP-INS)

\$300 – QUAD 12-Week Session (or **\$210** for 6 DROP-INS)

\$240 – GROUP 12-Week Session (or **\$168** for 6 DROP-INS)

REGISTRATION: Registration is on a first come, first serve basis. Reservation is confirmed once payment is received. Please note that some sessions may be pro-rated due to public holidays.

DROP-INS AND MAKEUPS: Classes are non-transferable. Five (5) Make-up classes are permitted and must be completed in the same session. Make-ups may be applied to any class of equal or lesser value. You may sample a higher-cost class once per session at no additional cost, or attend at a \$5 surcharge thereafter. Attending make-up classes is the responsibility of the student and is based on availability in other classes and on approval of the instructor. **Please call ahead to reserve your make-up classes!!!**

C.O.R.E. WORKSHOP:

Reconnect with the joy of movement...enjoy living and moving in your body again!
A great way to review and reinforce the posture principles utilized in alignment specific movement (the fundamentals of the Inspired Wellness classes and sessions). Minimal commitment of time and money (one hour-\$20). Please see dates on schedule.

[View Class Schedule](#)