

FitCamp Pilates

**Want to get Faster?
Want to get Stronger?
Join us on Fridays @ 10:30
& we'll show you how!**

**Date: Fridays
July 2—August 20th
Time: 10:30-11:30 am**

**Must sign-up weekly
at the FitCamp Studio**

All classes held at:
Ultimate FitCamp
Airport Business Center
100 Crawford Street,
Leominster, MA 01453

**Sponsored by:
The Dolphin Studio &
Ultimate FitCamp**

Why Pilates:

- Pilates can help improve your flexibility, alignment, and core strength.
- Pilates can help correct muscular imbalances like tight hamstrings, overloaded, quads and lower backs.
- Pilates helps to prevent and rehab sports injuries.
- Pilates balances the body's development.
- Pilates improves breathing and lung capacity.



Pilates provides your body with deep overall conditioning as it elongates, strengthens, and aligns your body and balances the inconsistencies resulting from sport specific training. Many athletes and professional athletes have turned to Pilates as a great cross-training technique to help improve their bodies. No matter what your sport of choice, Pilates can help you improve in it. Join us Fridays 10:30– 11:30 to find out what it can really do for you!