

BOUNCE~ALOT~EZE



Bounce~alot~eze is a program designed by combining Pilates and rebounding on a mini-trampoline with a stability bar attached. You get cardio with Pilates core strengthening exercises in one workout! Rebounding specifically works to stimulate the body's internal cleansing mechanism, The Lymphatic System. The Lymphatic System is part of your immune system, and is the "garbage collector of the body". Jogging and rebounding are the *only* exercises that stimulate the lymphatic pump and flush toxins from the body. Rebounding has been shown to improve circulation, expand lung capacity, lower cholesterol levels, increase energy and improve balance. And it is just plain fun!!

GROUP CLASS (4-7 people)

TUESDAY 10:00 - 10:55 AM

FEES

Single Class- \$20 pre-registered
-\$23 drop-in

MINI- BOUNCE (30 minutes)

WEDNESDAY 1:00 - 1:30

Single Class - \$11 pre-registered
\$13 drop-in

REGISTRATION AND CLASS POLICIES

- * Payment is due by the last business day of the month for the next month's session to receive the pre-registered rate. The drop-in rate is applied if payment is made in the current month.
- * Classes are non-transferable to others
- * 24 hour notice is required if you cannot attend a class. Make-up options may not be available.
- * Refunds will not be issued if you cancel class, they will be issued if we cancel class.