



Stephanie Herman
INNOVATIVE FITNESS

Stephanie Herman Style presents:

Pilates Body and Rhythm™

Taught by renowned fitness innovators,

Stephanie Herman and Shannon Stowe:

Learning control from proper body consciousness of:

- **INTRICATE muscle isolations**
- **Alignment**
- **Technique**
- **Stretching**
- **Upper & Lower Abs**
- **Knees**

These progressive moving workshops will help you fully understand how to control your body inside and out. The movements will evolve into exciting easy to learn choreography. This class will take you from mat-work to standing Pilates principles to traveling across the floor with movements that give you strength and confidence within your new capabilities.

Starts: Thursday, September 13th

Time: 10:15am - 11:30am

Cost: \$60. per month, \$20. drop in.

Bring mats and dancing shoes.

Reservations: 650-328-4909

sh1dancer@aol.com • www.PilatesBodyandRhythm.com



Dance Action, inc.

4000 Middlefield Rd # L3 • Palo Alto, CA 94303

(650) 465-7919

www.danceaction.org

