

**IT'S BACK!!!**

**"ROCK, RIP AND ROLL"!**



**"Find your CORE Values"...**  
**And find your heart racing, sweat dripping, abs burning in our newest class offering!**



## ***"Rock Rip and Roll"***

Combining pure athleticism and Pilates Technique *"Rock, Rip, and Roll"* is designed with 25 minute increments of TRX training system and the newest edition to the Pilates Equipment Family the Orbit. This is full body training with intense abdominal focus.

### **Smart Body Pilates Studio**

Enroll now to save your coveted spot in our hottest class. Class size is limited to 4 students and are on a first come first serve basis.

**Sessions run in 6 week blocks: Starting Saturday, Nov. 3rd 2012**

Registration can be done online @ [smartbodypilates.com](http://smartbodypilates.com) or contact Aimee to secure your spot.

*Current class offerings include:*

**Wednesday: 11am-11:50 and 730-8:20pm**

**Thursday: 5-5:50pm, Saturday: 10-10:50am**

*Smart Body Pilates* 

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