

THE MOVEMENT STUDIO EQUIPMENT

The Movement Studio at Desert Palms Physical Therapy will feature Pilates and Gyrotonic equipment. Private sessions, duets and mat classes will be offered with Susan Schmidt.

Pilates equipment is all new, state-of-the-art Peak equipment.

- Deluxe Reformers
- Classic Cadillac
- Low Chairs
- High Ladder Barrel
- Low Barrel
- Ped-o-Pull

All materials and mats will be provided for classes-magic circles, foam rollers, balls, discs, etc.

Newest Gyrotonic **Movement Studio** equipment Gyrotonic tower and new multi-levelled bench.

Coming in January 2007

PRICES

PRIVATE LESSONS	\$70.00
DUET	\$80.00
MAT CLASSES	\$15.00

PACKAGE LESSONS OF 10

PRIVATE LESSONS	\$60.00
DUET	\$70.00
MAT CLASSES	\$10.00

Monday	Tuesday	Wednesday	Thursday	Friday
11:00 am	8:30 am	11:00 am	8:30 am	10:30 am
12:00 pm	9:30 am	12:00 pm	9:30 am	11:30 am
3:00 pm	10:30 am	1:00 pm	10:30 am	12:30 am
4:00 pm	11:30 am	3:00 pm	11:30 am	
	4:00 pm	4:00 pm	4:00 pm	
Mat Class 5:30 to 6:30	5:00 pm	Mat Class 5:30 to 6:30	5:00 pm	
Mat Classes				
5:30 to 6:30 pm \$15.00 per person				



Pilates



Gyrotonic®

**Desert Palms
Physical Therapy
Movement Studio**



7400 N. La Cholla Blvd.
Tucson, AZ 85741

Tel: 520-531-0305

All cancellations must be made 24 hours prior to appointment to avoid being charge for session



SUSAN SCHMIDT

Is nationally certified by the Pilates Method Alliance and the Gyrotonic Expansion System®. Susan was born in Louisville, Kentucky and received a B.S. in Education, Physical Education and Dance from Indiana University, Bloomington. She also studied Marketing in her Master's Program and served as Corporate Fitness and Marketing Director for the YMCA's of Greater Louisville, Kentucky. Susan studied and taught Pilates in Santa Fe, New Mexico before relocating to Tucson in 2004.

She participates in numerous continuing education conferences around the country. Susan has been teaching at the Red Monkey Studio, Loews Ventana Canyon and Sun City Vistoso since her arrival. She is an avid runner, golfer and sports enthusiast. "I consider it a great blessing and source of joy to help my clients, whether it is to improve their overall strength, balance and flexibility or to help them overcome pain and injuries.

GYROTONIC EXPANSION SYSTEM®

Julio Horvath, a renowned Romanian dancer, developed the Gyrotonic Expansion System® in the 1980's. The system is unique because it simultaneously stretches and strengthens the body with minimal effort, while increasing range of motion and enhancing coordination. The system emphasizes multiple joint articulation, strengthening the surrounding ligaments and their attachments. Horvath designed equipment made from wood and weights which allows total freedom of movement with no restriction of speed or versatility.

The circular, spiral and undulating movements increase the functional capacity of the spine and create a spherical and three-dimensional awareness, resulting in complete equilibrium for the body.

The Gyrotonic Expansion System® is used worldwide by people of all ages in dance, sports training, physical rehabilitation and general conditioning facilities.

SOME BENEFITS INCLUDES:

- Increased Flexibility & Range of Motion
- Body Firming and Toning
- Increased Energy
- Weight Loss
- Injury Rehabilitation
- Bolstered Immune System

PILATES

Joseph Pilates developed his world renowned fitness system at the end of World War I to assist injured soldiers in their rehabilitation. He called his method "Contrology," which refers to the use of the mind to control the functioning of muscles. Pilates developed more than 500 exercises which he designed and perfected.

Pilates exercises focus on the core postural muscles that keep the body balanced and provide essential support for the spine. The discipline teaches awareness of breathing and alignment of the spine which strengthens deep torso muscles and helps alleviate back pain. Pilates is a total body-conditioning system that develops proper alignment.

Today, Pilates is a globally accepted program of choice for dancers, professional athletes, fitness enthusiasts and those recovering from injury or weakness.

BENEFITS INCLUDES:

- Increased Flexibility
- Stronger Muscle Tone
- Better Body Awareness
- More Energy
- Improved Balance
- Enhanced Mental Concentration