



**FOR PERSONS RECOVERING FROM BACK PAIN SUCH AS:**

Herniations, Degenerative Disk Disease, SI Joint Dysfunctions, Stenosis, Spondy's, Osteoporosis, and other back issues.

Pilates Equipment based exercises are performed to help increase activity level without increasing symptoms of back pain. In some cases, there will be a decrease in pain due to strength and flexibility improving.

**REGISTER FOR A (4) PACK OF TRAINING SESSIONS:**

Contact Nicole Rogos at nrogos@oxfordathleticclub.com or at 724.933.1911 ext. 4123

**PACKAGE PRICING OPTIONS:**

**Initial Assessment:** \$50 - Assessment Only

**Intro Package:** \$226 - Includes (4) 60 minute, on-on-one sessions with a pilates trainer and assessment

**Initial Assessment:** \$87 - (4) 60 minute classes  
\$165 - (8) 60 minute classes  
\$222 - (12) 60 minute classes

*\* All participants must have prior one-on-one experience with the Pilates equipment and received a YUR Back Assessment. This program does NOT claim to diagnose low back conditions, reduce low back pain, or replace the care of a doctor.*

## ***CLASS SCHEDULE***

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**MONDAYS:**

Leslie - 9:30AM  
Ricki - 1:30PM

**TUESDAYS:**

Nicole - 8:15AM

**SATURDAYS:**

Nicole / Trish - 10:30AM

***\* ALL YUR BACK CLASSES WILL BE LOCATED IN THE TONE STUDIO***