

Need more information? Email Programs@ethosfitness.com

Getting to your CORE

Bosu Blaster with Anthony

Anthony will blast your body back into shape while improving your core strength, balance and endurance using his favorite piece of equipment!

4 week program - once a week

Cost: \$100; Non-Member Cost: \$120

Sat. 12:30 – 1:30 pm. (SGTBOSUB)

Session 1

June 5, 12, 19, 26

Session 2

July 10, 17, 24, 31

Session 3

Aug 7, 14, 21, 28

Core Focus – Pilates for Beginners with

Mimi (SGTPILBEG)

Pilates conditioning develops core abdominal and back strength by working from the inside out helping you build optimal strength, flexibility, endurance and posture without building bulk or stressing your joints. This beginner's class emphasizes building your foundation to help you gain confidence for higher levels. You will be working with an instructor on a reformer.

5 week Program – twice a week

Cost: \$360

Limited to 3 participants.

Contact Lisa Eleazar for details

lisa.eleazar@ethosfitness.com

Cut to the Core with Donna

A core-based full body workout using Pilates and traditional resistance exercises (light weights, Pilates rings, resistance tubing) with a focus on balance and posture. Train the body to work as an integrated whole. No cardio – Ideal for all levels

4 week program - once a week

Cost: \$100; Non-Member Cost: \$120

Thurs 12:30 – 1:30 (SGTCUTCORE)

Session 1

June 17, 24, July 1, 8

Session 2

July 15, 22, 29, Aug 5

Kettlebell Experience with Elena

Change your workout =change your body! Explore this ancient Russian fitness tool and technique with our Russian kettlebell champion, Elena. Kettlebells requires you to work your total body through a longer range of motion which increases the intensity of the workout, recruits core muscles and takes your calorie burn off the chart.

4 week program – once a week

Choose the day that works for you

Cost: \$100; Non-Member Cost: \$120

Weds 1:00 - 1:45pm (SGTKETW1)

Session 1

June 30, July 7, 14, 21

Session 2

July 28, Aug 4, 11, 18

Fri. 9:00 – 9:45am (SGTKETF9)

Session 1

July 2, 9, 16, 23

Session 2

July 30, Aug 6, 13, 20

Sun. 12:00- 12:45p. (SGTKETS12)

Session 1

July 11, 18, 25, Aug 1

Session 2

Aug 8, 15, 22, 29



Dumbbells are used for basic lifting movements and are perfect for isolating one muscle group at a time. They are also great for adding weight to basic moves like lunges and squats.

Kettlebells are used primarily for swinging movements, so they combine strength training and cardio in one workout.. Kettlebell exercises utilize a greater range of motion, so they also increase flexibility and tone your core.

Register at Reception.

All classes are subject to a minimum participation.