

# Teen Mat Pilates



Pilates is the **exercise of celebrities**, and now certified instructor Zipi Greenwald has customized a class just for teenagers. Improve your **muscle tone, flexibility, and athletic abilities** while working out with your friends! Pilates will stretch your muscles and improve your shape, actually making you **look taller and slimmer**. **Burn calories and improve cardio ability** at the same time, with a special emphasis on the core torso muscles. Guys are welcome too (the inventor of Pilates was a man)!

Classes meet every **Monday** after school from **4:15-5:15pm**  
at **Soma Studio**, 409 W. State Street

**Try one class free!**

**\$60 for 6 classes**

Email Zipi at [zipi@aerobicswoman.com](mailto:zipi@aerobicswoman.com) or call 257-4547 in the evening to reserve space for you and your friends.



**Take me!**

The other side is a  
permission form for your  
parents to sign

# Teen Mat Pilates

## Permission Form for Under Age 18

I, parent/legal guardian \_\_\_\_\_, in full recognition and appreciation of the hazards and exposures involved do hereby voluntarily agree to assume all of the risks and responsibilities involving my/my child's participation in Zipa Greenwald's Teen Mat Pilates: and further, I do for myself, my heirs, and personal representative(s) hereby defend, hold harmless, indemnify and release and forever discharge Zipora Greenwald, AeobicsWoman and Soma Studio from and against any and all claims, demands, and actions, or causes of action of any sort on account of personal injury which may result from my/my child's participation in the Teen Mat Pilates class. I have read and executed this document with full knowledge of its significance.

Signed: \_\_\_\_\_

Relationship: \_\_\_\_\_

Participant: \_\_\_\_\_ Date: \_\_\_\_\_