



**MONTCLAIR PHYSICAL  
THERAPY & WELLNESS**

*is more than just a gym.*

*Our unique facility  
integrates the most  
important elements of  
health, strength, and fitness  
under one roof. We're your  
one-stop wellness center.*

**PHYSICAL THERAPY**

**STATE-OF-THE-ART GYM**

**PILATES EQUIPMENT**

**PILATES MAT CLASSES**

**PERSONAL TRAINING**

**MASSAGE THERAPY**

**ACUPUNCTURE**

**NUTRITION CONSULTING**

**SAUNAS AND SHOWERS**

**FULL LOCKER ROOMS**

**510-339-2116**

**6125 Medau Place**

**[www.montclairpt.com](http://www.montclairpt.com)**

**HOURS:**

Mon - Fri: 5:00am - 9:00pm

Sat & Sun: 7:00am - 5:00pm

# Core Power in Half an Hour



***with Amanda Smith***  
***Personal Trainer & Pilates Instructor***

**DATES: Fridays: March 7, 14, 21, 28**

**TIME: 12:00pm—12:30 pm**

**PRICE: Members \$25**

**Non-Members \$30**

Target your body's most important area, the core, in this power ½ hour. Learn to mobilize, stretch, and strengthen your low back and abdominal muscles while integrating your arms and legs. A strong, dynamic, and flexible mid-section will support you all day long and help eliminate unwanted back pain.

You'll use stability balls, foam rollers, medicine balls, and bands to revive your average abdominal curl. Amanda is an experienced certified personal trainer and Pilates instructor. She brings a wide range of modalities to all her training sessions to keep the body challenged and integrated.

***Class size is limited to 5 people to ensure proper attention to form and alignment.***

**VALIDATED PARKING  
at Montclair Garage**

***Stop by the front desk to sign up, call us at 510-339-2116, or  
contact Amanda at [amanda@formfunctionfitness.com](mailto:amanda@formfunctionfitness.com)***