



Windham Pilates
& WELLNESS CENTER

eXerBlast begins November 9th

Real fun. Real fitness. Real time together.



Our new eXerBlast class is a fitness adventure where exercise is actually fun! Open to children ages 4 – 12 and their parents, this program challenges hand/eye coordination, speed, agility, rhythm, core strength and aerobic capacity. Using our active Sportwall and other apparatus, eXerBlast keeps everyone in the class moving, laughing and enjoying quality time together.

This is one of the few fitness programs that you can enjoy with your child, regardless of your fitness levels. We encourage parents to participate with their children, encouraging your child to learn that fitness is something to enjoy as a family, and creating a bonding moment that you both will enjoy.

Open to members and non-members. Sessions are 5 weeks for children and parents. Program fee of \$49 for one child, \$89 for two children or parent/child. **REGISTER WITH A FRIEND AND SAVE \$5 OFF REGISTRATION FEE!**

For more information about this or any of our programs
please call us at 603 505 4449 or email us at susan@windhampilates.com.