



Fitness Basics

with Matthew Imhof, M.Ed., C.P.T.

*Strengthen
Tone
Improve Flexibility
Burn Fat
Energize the Body*

Dates: Tuesdays, March 4th, 11th,
18th
Wednesday, March 26th
Time: 6:00-7:30pm
Cost: \$48

This high energy class is designed to challenge individuals of all fitness levels. Each session will begin with a gradual warm up to loosen the muscles and then proceed through a 45 minute routine designed to strengthen the muscles, burn fat and energize the body. Class will end with a structured cool down and relaxation emphasizing flexibility and breath awareness. Exercises will include (but not be limited to) traditional calisthenics, plyometrics, agility exercises, abdominal and core strengthening exercises, basic yoga postures and dynamic flexibility exercises. Bring a towel, water bottle, yoga mat and an open mind ready to work.

Matt began his experience with yoga in 1998 when he met his wife, Holly Lassila. Matt is a certified personal trainer and has received specialty training in flexibility exercise from East Side Sports Physical Therapy in New York City. Matt is an award winning head coach in track and cross country, where his teams have won numerous championships and awards. Matt has been an active runner for over 20 years and coached over 200 recreational runners and walkers to their first marathon as head coach for the National Arthritis Foundation's "Joints in Motion", marathon training program. Prior to moving to Pittsburgh, Matt ran his own personal training business, "Personal Best Running and Fitness", an in home personal training and elite coaching service. Matt uses an upbeat and encouraging attitude in combination with a variety of training modalities to meet the needs of his clients.



For additional information and registration, please contact Holly Lassila or Matthew Imhof at 724-449-YOGA (9642).