



DANIELLA'S BODY BEAUTIFUL

**DANIELLA'S BODY BEAUTIFUL IS HERE!**

**GET THE SCULPTED ARMS, THIGHS,  
SEAT & ABS YOU'VE ALWAYS WANTED!**

**HELLO GORGEOUS!**

Every year we strive to be better, healthier and more disciplined. Let's reach our goals in a fun and motivating way! I'll provide the workout...you provide the great company and desire to get into shape.

What happens when you blend a barre-based workout with intervals of cardio, strength training, stretching and recovery?

**[Daniella's Body Beautiful]** workout, where arms, thighs, seat and abs get sculpted in the form of long, lean, gorgeous muscles. Simply said, I take the best of interval training and turn up the volume.

My interval sets use your body's own weight as resistance. Your muscles are targeted and overloaded to the point of fatigue, then stretched for relief. This process includes muscle-defining arm exercises, intense thigh and seat sequences, waist-chiseling ab moves and fluid stretches. It's not easy, but that's precisely why it works.

Together we will slim down, tone up and challenge ourselves!

This is a fusion of Pilates and a Barre-based workout with intervals of cardio, stretching and recovery designed to rapidly transform your body. And transform your body, it does. My class incorporates cardio, strength training, stretching and recovery that systematically improves flexibility and endurance, while strengthening and sculpting muscles. Which means you'll look as good as you feel.

Sound difficult? Not to worry. My classes are for beginners to advanced, each structured to maximize every minute and every move with my unique choreography and expert instruction.

No matter what kind of shape you're in, whether you loathe exercise or work out seven days a week, my workouts will change your body – and your life. And best of all, you'll have a great time doing it. Promise!



*Daniella...*

- A STOTT Pilates Certified Mat, Reformer, TotalBarre, ISP, Cadillac, Chair, Barrels Instructor
- A Master Teacher and National Dance Adjudicator – Ballet, Tap, Jazz, Contemporary, Musical Theatre
- A CanFitPro Certified Personal Trainer Specialist
- World-ranked Ballroom and Latin Dancer & Competitor

**I highly recommend Daniella as an Instructor. Daniella will change your life and get you results quicker than you ever imagined – creating the body you've always searched for.**

**Ashley C.**

**[DANIELLA'S BODY BEAUTIFUL]**

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Daniella created a wonderful 1-hour workout class that targeted muscles I didn't know I had. The class transformed my body. Before I started Daniella's Body Beautiful, I had no waist to speak of. After 5 weeks of the class my waist was substantially narrower, my legs leaner, and my arms toned. The week-over-week progress in my ability to do the movements with a larger range of motion was extremely noticeable. This intense workout incorporated deep stretching throughout the hour. I highly recommend Daniella's Body Beautiful class -- it transformed my body in a very short period of time.

Holly S.



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*Classes in Niagara-on-the-Lake, St. Catharines and Burlington*

**SUMMER 2018 SESSION – NIAGARA-ON-THE-LAKE (THE CLUB AT WHITE OAKS RESORT AND SPA)\***

**MONDAYS 6:30pm – 7:30pm**

**SATURDAYS 9:15am – 10:30am**

**SUMMER 2018 SESSION – ST. CATHARINES\***

**SUNDAYS 9am – 10am**

**SUMMER 2018 SESSION – BURLINGTON\***

**TUESDAYS 7:30pm – 8:30pm**

**IT'S A NEW YEAR...IT'S A NEW YOU!  
CALL NOW – SPACE IS LIMITED!**

\*Call to confirm scheduling and location details

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