

PT Plus

5690 Three Notch'd Road, Suite 107 • Crozet • 434-823-7628

Class Schedule

Mon.	Tues.	Wed.	Thur.	Fri.	Sat.
Total Body Strength 9 a.m. George		Total Body Strength 9 a.m. Kara	Kripalu Yoga 10:15-11:45 Kali	Total Body Strength 9 a.m. Kara	
Rehab Pilates 11:00 a.m. Elizabeth	Kripalu Yoga/ Pilates Fusion 10:15-11:45 Kali			All-Levels Yoga 10:15 a.m. Kara	
		Gentle Kripalu Yoga 4:30 p.m. Kali	Rehab Pilates 1:00 p.m. Elizabeth		

All classes meet in the Multipurpose Room at PT Plus.

All classes last one hour unless otherwise noted above.

All classes are on a drop-in basis.

Class descriptions and information about teachers is on the reverse.

Class Fees:

All classes are free to PT Plus Fitness Members.

For non-members, a single class is \$12 or 10-class cards are available for \$100.

• 10-class cards expire 14 weeks from the date of purchase.



Kara Snapp

Total Body Strength Instructor

Kara loves to inspire people of all ages toward health and well-being every day! Her passion for yoga began developing almost 20 years ago, and she has since received about 1,400 hours of yoga, yoga therapy, and meditation training. She is equally enthused about nutrition, fitness, the natural world and creating mixed media artwork. When she's not leading fitness classes and yoga programs, she may be found hiking the Appalachian Trail or kayaking a nearby river with her family, or mixing paint in a quiet corner.

Total Body Strength. This class is designed to build overall strength while emphasizing balance, stability, and flexibility to increase or maintain functional skills and improve quality of life.

All-Levels Yoga supports you to increase strength, balance, and flexibility. Poses are modified as needed, and individual attention is provided. No previous yoga experience is expected or necessary. Each class begins with a brief meditation and ends with a few moments of rest.



Elizabeth Poole

Rehab Pilates Instructor

Among her many talents, Elizabeth Poole is a mat trained in Pilates by APPI. She also has a PT Practice at PT Plus in Crozet. A resident of Crozet, she lives with her husband and two sons and enjoys running, gardening and spending time outdoors.

Rehab Pilates is a method developed by Physical Therapists using the original 34 Pilates movements. The movements are adapted to decrease the pressure on the discs in the low back and to focus on muscle imbalances that can be created by pain in this area. The adaptations allow people from all walks of life to participate regardless of age, fitness level or past injury.



Kali Girasek

Yoga Instructor

Kali Girasek, RYT 500, has 15 years' experience as a certified Kripalu Yoga Teacher and Yoga Therapist. She has integrated into her teaching many other styles of yoga including Iyengar, Anusara and Integral yoga. In 2009, Kali completed training in Therapeutic Yoga for Seniors, at Duke University Integrative Medicine Centers.

Kripalu Yoga and Pilates Fusion combines exercises in the Kripalu yoga (description below) and the Pilates style, improving posture, gait and balance. The class will be modified according to each person's needs and ability.

Gentle Kripalu Yoga includes chair yoga and props as needed. Practicing yoga can benefit everyone. Simple, effective yoga postures and movements modified to suit your needs and limitations. Enjoy the gain without the pain while your body becomes stronger, more flexible and comfortable. Relax, reduce stress and let go.

Kripalu Yoga immerses you in the Kripalu experience. with basic yoga postures, correct alignment and breath while integrating mind, body & spirit. Each class will include centering, warm-ups, postures, posture flows, meditation and relaxation.