



Physical Therapy & Wellness Centers

5690 Three Notch'd Road Suite 107 Crozet, VA (434) 823-7628

## CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Strength and Fitness</b> 9 am – 10 am GEORGE		<b>Strength and Fitness</b> 9 am – 10 am GEORGE		<b>Strength and Fitness</b> 9 am – 10 am GEORGE
		<b>Yoga</b> 12:30 pm SHERRY		<b>Yoga</b> 10:30 am SHERRY
<b>Rehab Pilates</b> 11 am ELIZABETH			<b>Rehab Pilates</b> 12 pm 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 are 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 card EXPIRE 14 weeks from the date of purchase\*\***



**Elizabeth Poole**  
**Rehab Pilates Instructor**

Among her many talents, Elizabeth is mat trained in Pilates by APPI. A resident of Crozet, she lives with 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.



**George Luzaich**  
**Personal Trainer**

George is a certified personal trainer with the American Council on Exercise. He has been a trainer for 20 years specializing in the 55-85 year old population and high risk exercisers. He has worked with clients suffering from Diabetes, MS, Polio, Parkinson's disease, pulmonary hypertension, and heart failure as well as numerous injuries. George owned a gym in Nelson County for 10 years before joining PT Plus as out Administrator and Fitness Coordinator.

**Strength and Fitness** is designed for active seniors to increase strength, balance and flexibility. Class varies day to day to keep things fun and interesting. Close attention is paid to support individuals with chronic pain and/or injuries.