

Build Your Core Strength

Originally, Pilates was the secret tool that dancers and actors used to improve their posture, concentration and performance. Now it seems like just about everyone is doing Pilates — because it's fun, it works, and it only takes an hour.

The Pilates Method was designed by Joseph Pilates to create maximum muscle strength while increasing flexibility. This innovative method focuses on strengthening the deep abdominal and postural muscles to create a body that is strong, supple and perfectly aligned.

At Carol LeMaitre's Sanchez Street Studios, you'll learn how to strengthen these core muscles in a relaxed, engaging setting. We take our training responsibilities seriously, but we never take ourselves too seriously. So come in to see us. Prepare to work hard and have fun doing it.



About Carol

Carol LeMaitre has been teaching Pilates since you were in 3rd grade. She is certified through the Ellie Herman Studio and has additional training in the Janda Method of Neuromuscular Reprogramming.

Scratch a Pilates trainer and you'll find a dancer with a back injury. Carol is no exception. The method was so successful at healing her body, she was inspired to become a teacher. Carol also used Pilates to prepare for and recover from the birth of her two sons.



Her third baby, Sanchez Street Studios, is now in its fifth year. She is proud that her offspring continues to expand its class offerings and attract so many talented and dedicated trainers.

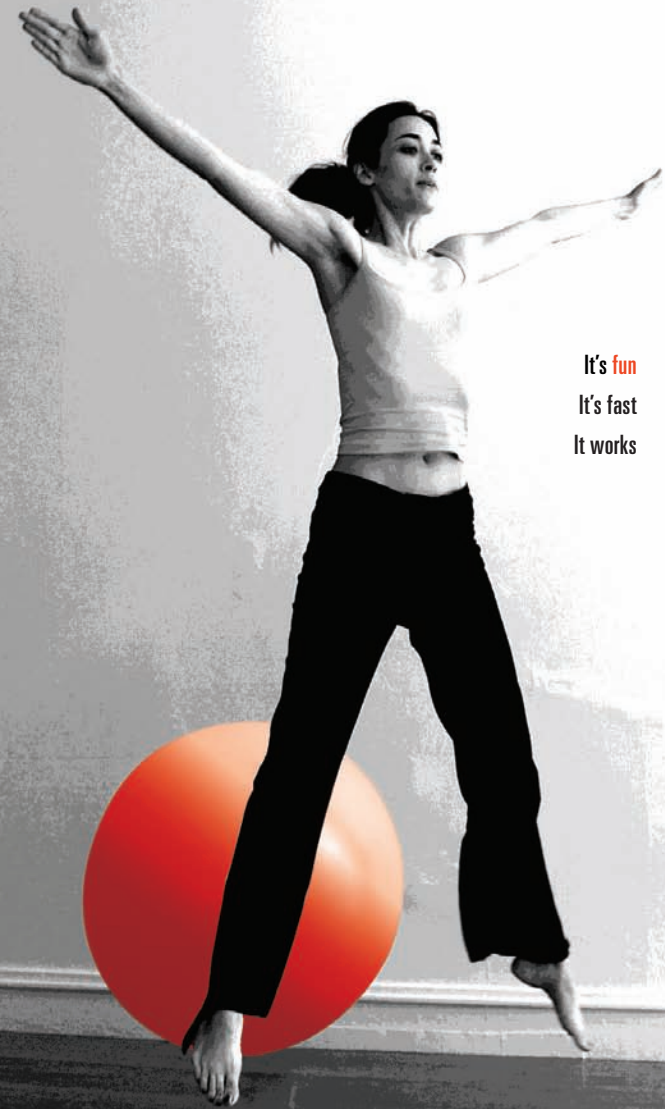


SANCHEZ STREET STUDIOS

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PILATES

SANCHEZ STREET STUDIOS



It's fun
It's fast
It works

“A few well designed movements, properly performed in a balanced sequence, are worth hours of doing sloppy calisthenics or forced contortions.”

● *Joseph Pilates*

What Makes Sanchez Street Special?

Carol LeMaitre’s Sanchez Street Studios is a light-filled, colorful storefront in Noe Valley that offers all levels of Pilates mat and springboard classes, as well as private, semi-private and rehab sessions on the Pilates machines.

Our fabulous trainers combine their thorough knowledge of Pilates, yoga, dance and numerous other modalities to create a class or private session that is challenging and fun for all levels of fitness.

What Can I Get There?

Besides the support of some terrific, down-to-earth trainers, we also have the full range of Pilates equipment. Pilates machines are designed with springs that work as

extra muscles. Unlike working on traditional weight machines, becoming more advanced means decreasing the resistance — which means you’ll build long, lean muscles and a better, more flexible body.

Mat Class Get to know Pilates. This hour-long class focuses on strengthening deep abdominals, gluteals (aka butt) and back muscles while increasing your flexibility. When you progress beyond the beginners level, we incorporate a variety of props, from physio balls to magic circles, Thera-Bands® and springboards, to intensify the workout. Our mat classes leave you feeling energized, taller and stronger.

Private and Semi-Private Sessions

Work with one of our skilled trainers on the Pilates machines to achieve your goals. Training one-on-one with personalized attention from a professional maximizes

your progress. To make working with a trainer more cost-effective, bring a friend and work out together. We tailor the session to meet your needs and challenge you.

Rehab Sessions Get back on track. Rehab sessions are specifically for people who are recovering from acute or chronic injuries. During a rehab session, your trainer analyzes your posture and gait, tests your muscles for both strength and flexibility, and works closely with you to correct faulty movement patterns.

At the end of the session, you get some simple exercises, release techniques, and/or stretches to do at home. Spending 10-15 minutes a day on your own greatly increases your progress. Our rehab specialists are trained in the Janda method of neuromuscular reeducation, in addition to Pilates certification.

How Do I Start?

Take an intro class or a private session. Group classes offer flexibility with many low-cost, drop-in classes. Private sessions let us focus on your specific needs and goals.

If you want to talk about the best way for you to get started, please give us a call. We’re happy to discuss our programs and how we can meet your particular needs.

Class Schedule Classes change regularly, so please check our web site or call us to schedule an appointment.

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What Our Students Say...

“Carol is a superb teacher. She’s got a great sense of humor, which makes your sessions much more pleasant as you grow stronger and leaner and laugh harder. She knows her stuff!”

— Amy Hyams
Doula/Event Producer

“From pain to sane! After back surgery, I became resigned to never feeling truly pain free again, waking up each morning in extreme discomfort, feeling old before my time. Then came Pilates and Sanchez Street Studios. A casual suggestion by a friend led to a series of private lessons which immediately paid off. Now, six dedicated years later, I am addicted to my weekly sessions which have given me back a quality of life I had assumed was gone forever.”

— Mark Dutka
Interior Architect

“It’s an hour I get to spend focused on my body. The classes are challenging without being the least bit threatening. Everybody’s incredibly supportive. Since I started, I’ve reduced the curvature in my spine.”

— Sheila Keith
Independent Consultant

“After a two-level spine fusion, I had an awkward gait, a turned-out foot, and acute episodes of recurring pain in my back and hip. Last year, I started working with Carol and recently Evangeline. Today, I’m in the best shape I’ve been in since before those surgeries and — woohoo — I’m pain-free.”

— Deb Clifford
Creative Director

“I used to be a creaky, cranky, middle-aged slob. Now, I’m a limber and happy one, thanks to Carol, Elizabeth, Alisa, and the other Pilates divas at Sanchez Street Studios. Seriously — this amazing regimen makes you feel lighter and tighter, with improved focus and energy. Carol’s studio isn’t some body-fascist muscle mill — she excels at working with all body types and ability levels. It’s a fun, feel-good workout that will kick your ass in the best possible way.”

— Joe Gore
Musician and Writer