

MAY 2024

MONTHLY MOVES

A Glimpse into the Movement Happenings of



Teaching the Work of Joe

CERTIFIED CLASSICAL PILATES INSTRUCTOR

After 8 months, 200+ teaching sessions, 4 practical exams & over 600 hours in the studio, Julia Shove is an official graduate of the Real Pilates Teacher Training program!

Now Offering...

REFORMER/TOWER PRIVATES

Combining the classical reformer, Cadillac, and mat, this apparatus is a 3-in-1 model with so much variety. Additional apparatuses coming soon!

Booking private sessions beginning June 1st. Ages 13+. Available at Making Moves Fitness & Dance home studio (Oneida). Mat only options available. Book via address below.



[JULIA@MAKINGMOVESFITNESSANDDANCE.COM](mailto:julia@makingmovesfitnessanddance.com)

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Maximize Your Potential

BLENDING TRADITIONAL STRENGTH TRAINING WITH CLASSICAL PILATES

What makes Making Moves Fitness & Dance unique? We do not fit any one mold. Instead, we approach fitness & wellness from a multi-disciplined perspective.

Julia is highly dimensional movement specialist:
a dancer, personal trainer, Pilates teacher,
group fitness instructor & dance educator.

Making Moves seamlessly marries the length, alignment, and Powerhouse-focused work of Classical Pilates with the endurance and muscular hypertrophy of conventional strength training... all with insights into body mechanics and kinesthetic "hacks" from 20+ years of ballet training.



“Let’s make moves toward
the happiest, healthiest, most
sustainable version of you.”

One session **FREE!** ←.....

Summer Savings...

AN INTRODUCTION TO THE FUSION MODEL

Begin your wellness journey with Making Moves with a customized Personal Training & Pilates fusion program including:

- **Personal Training**

In-person and/or virtual privates

Optional add-ons:

At-home weekly strength programming
Nutrition coaching

- **Pilates**

Reformer/tower privates

Virtual mat privates (in-person by request)

10% OFF 10 SESSION PACKAGE
TRAINING, PILATES OR BOTH

SNAG THE DEAL!

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