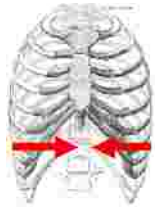


About the Breast Cancer Research Foundation



The Forced Exhale squeezes your ribs

Things You'll Hear in Your Pink Class:

Breathing:

IM=X Pilates uses a Forced Exhale to create strong, powerful moves.

Place your hands on your ribcage, fingertips just touching over the "V" in your ribs. As you inhale, feel your ribs spread apart sideways (laterally). As you exhale, purse your lips with a loud "Shhh!" and feel your abs squeeze your ribcage "V" back together. You'll use the loud "Shhh!" every time you exert on the Xercizer machine.

Your Body in Class

Shoulder Blades: Draw your shoulder blades down toward your waistband, and slightly towards each other. Float your head. You should find it impossible to slouch from here!

Pelvic Floor: This set of muscles supports the very bottom of your pelvis. Take a deep breath. Without slumping into it, exhale slowly, and completely empty your lungs. Feel your low abs contract to help squeeze out that last little bit of air. Engage your low abs, and the "don't pee" sensation of your pelvic floor, and inhale with them engaged. Exhale again, all the way, and feel an even stronger contraction in your low abs.



www.bcrfcure.org

The mission of The Breast Cancer Research Foundation is to achieve prevention and a cure for breast cancer in our lifetime by providing critical funding for innovative clinical and translational research at leading medical centers worldwide, and increasing public awareness about good breast health. Currently, over 90 cents of every dollar donated goes to breast cancer research and awareness programs.

BCRF is the only cancer organization to hold an A+ from the American Institute of Philanthropy

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Pilates for Pink Fundraising Challenge



October 2011

IMX Pilates Blue Bell
www.imxbluebell.com

484-231-8565

Pilates for Pink Donation
Classes



Saturdays
October
8, 15, 22, 29
11am

Work Out and Fight Breast Cancer

Join us for Pilates for Pink classes as we raise money to benefit the Breast Cancer Research Foundation.

These sessions are open to everyone— all ages, abilities and experience levels are welcome.

Sign up for free online to reserve your space.

Please bring a donation in the amount of your choice to class with you. Checks can be made out to "Breast Cancer Research Foundation."

Bring On the Men
Mon October 10 and Oct 24
6:00pm

All members are invited to bring a husband, son, friend, neighbor, golf buddy, brother, etc to this fun class. We'll do pilates, and enjoy beer, wine and appetizers afterwards.

These Bring on the Men sessions will be held in conjunction with our Pilates for Pink fundraising, so please bring a donation to this class.

Just sign up for free online and we'll assume you're bringing a man.

Host a private Pilates for Pink
group class

IMX Pilates Blue Bell would be happy to host you and your friends in a private Pilates for Pink class. Line up 3-6 people, we'll work with you to find a time, and enjoy a fun session with refreshments served after. We ask only that a donation be made to the Breast Cancer Research Foundation.

IM=X Pilates

"An elite fitness formula that marries the muscle toning and lengthening benefits of pilates with elements of strength and cardio training to increase flexibility, endurance and muscle tone, while strengthening the spine and abdominal core."

Things You'll Hear
in Your Pink Class:

"Neutral Spine"- Your low back is maintaining its natural curve; you haven't flattened or arched unnaturally.

"Float Your Head"- imagine your head is a helium balloon, and your neck is the string. Allow your head to move gently, like it's floating, to relax your neck and upper shoulders.

"Legs in Tabletop"- while lying on your back, pull your knees in toward your chest. Knees should be right over hips, and shins are parallel to the floor.

"Curl Up"- use a Forced Exhale to engage your ribcage. Use that engagement to lift your shoulder blades and upper back off the machine in a curl. Instead of pulling with your chin, lift with your chest. Lie down at the first sign of neck strain!

"Hands to Waist"- bend your elbows so your hands come to your ribcage, toward your armpits. From here you will press the arms straight past your hips.

"Hinge Forward"- while sitting, feel your sits bones under you. Lean a little forward of them, so shoulders are just in front of hips and gravity. Your back is still neutral— this isn't a bow or rounded.



"Hinge Forward"