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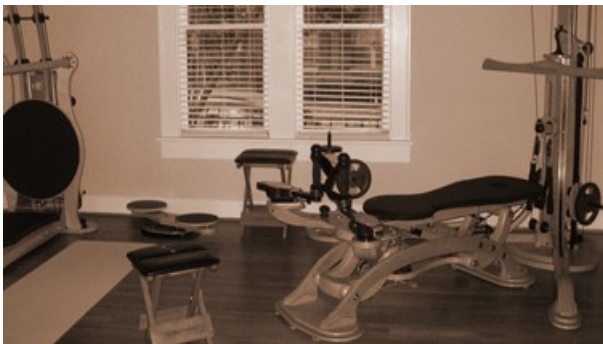
PILATES GROUP MAT CLASSES

(Monday @ 4:00 pm, Tuesday @ 6:00 pm, Wednesday @ 9:00 am, and Saturday @ 10:00 am)

And

GYROKINESIS

(Saturday Group Class at 2:00 pm)



Private \$75

Semi-Private \$40 each

Group Classes \$20 each

(Group classes are limited to four - please call to reserve space)

Please contact us for available sessions or for more information

2106 Boll Street

Dallas, TX 75204

214-922-0475

www.spiralfitnessdallas.com

Enjoy our boutique for all your workout and relaxation needs



Spiral Fitness A Studio for Gyrotonic Training

Owner: Patti Granoff

Patti is a certified Gyrotonic Instructor. She relocated from New York City where she taught for 4 years and had the opportunity to study with some of the top master trainers and Paul Horvath, a Physiotherapist from Germany who applies Gyrotonic methods to therapeutic work.

Her certifications include the Gyrotonic Expansion System, the Jumping Stretching Board, and the Leg Extension Unit. Patti has been featured on National TV in a Healthwatch Segment for the Gyrotonic Expansion System.

Spiral Fitness is located in the beautiful Uptown Square District of Dallas.

Instructors:

Janet Coen

For the past 18 years Janet has been studying with Toni Beck, the premier Pilates and Dance Instructor in Texas. In 2007 she began teaching Pilates and is currently pursuing advanced certification with Michele Larsson, founder of Core Dynamics in Santa Fe, NM. Michele is internationally known in the Pilates world, having studied with Eve Gentry, a student and associate of Joseph Pilates.

Janet has a B.A. in Psychology, with Graduate work in Counseling. After a 30 year career in the corporate world, she is now directing all her energy and passion toward Pilates and Gyrotonic. She is a Certified Pilates teacher through the National Pilates Method Alliance and is working toward certification in Gyrotonic. Janet teaches both Mat classes and Private Lessons focusing on flow and precision of movement.

Iona Chapman



Iona Chapman was born and raised in Albuquerque, New Mexico. She began taking ballet classes at age 5 and began ballroom dancing at age 16. Iona came across Gyrokinesis and Gyrotonic during her sophomore year of highschool while recovering from a dance injury. She began her studies with Julie Cook and her interest in this movement form quickly grew. In order to pursue her interests in both dance and biology, Iona chose to attend Barnard College in New York City. There, she began taking modern dance classes, as well as continuing her training in ballet, ballroom and Gyrokinesis.

Iona graduated summa cum laude with a major in biology and a minor in dance in the spring of 2008. While she greatly enjoyed her time in New York, she missed the Southwest, and when the opportunity came to attend medical school at UT Southwestern, she seized this chance to return to the area. Her first year of medical school encompassed a great number of classes, but one of her favorites was Anatomy.

Through hands on experience, Iona gained a great deal of insight into how the human body is able to move. Iona is now looking forward to her second year of medical school. Her interest in dance and Gyrokinesis/Gyrotonic remains strong and she would like to incorporate this interest into her practice of medicine. Iona has greatly benefited from Gyrokinesis and is eager to share her experiences with you!

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