



# ROSE SILBERMAN

## MOVEMENT EDUCATOR

Functional Conditioning for  
Fitness and Rehabilitation

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### CLASS SCHEDULE

#### Functional Conditioning

Rose designed this exercise class, based on the *Feldenkrais Method* of movement, to build functional strength and optimal movement habits.

Tuesdays at 7:30 am and 6:30 pm  
Wednesdays at 9:15 am  
Saturdays at 9 am and 10:20 am  
One hour  
Cost: \$20

#### Feldenkrais® for Runners

Run healthier and more efficiently, reduce aches and pains, reduce stress on joints and improve performance

Wednesdays at 5:30 pm  
Sept. 16, 23, 30  
Oct. 7, 14, 21  
One hour, fifteen minutes  
Cost: \$20 per class  
6 class series \$100

#### Awareness Through Movement®

Guided movement focusing on awareness and breathing. Learn ways to let go of stress and unnecessary tension. Discover movement patterns that will add a new dimension to the activities of daily life.

Fridays at 5:30pm beginning Sept. 18  
One hour, Cost: \$20

#### **Friday Afternoon Club!**

Join us on the second Friday of the Month for a relaxing *Awareness Through Movement Lesson*, a glass of wine and inspiring conversation.

### FALL '09 WORKSHOPS

#### Bone Of Intention

Learn strategies to keep and increase your bone density.

Wednesday, Sept. 30, 7-9:30 pm  
Cost: \$50

#### A Question Of Balance

##### Weekend Intensive

Learn the keys to maintaining and improving your balance.

Saturday, Oct. 24, 2-6 pm  
Sunday, Oct. 25, 10 am – 4:30 pm  
Cost: \$ 175

Please wear comfortable, loose clothing.  
Call or Email Rose to sign up.

...and looking ahead:

#### Just In The Neck Of Time

Wednesday, Nov. 11, 7-9:30 pm  
Cost: \$50

### Private Sessions

Rose is available by appointment for *Functional Integration Lessons*, Pilates, and Personal Training.



ALSO OFFERING:

Children's Tap Dance  
(see [www.childrensdanceplace.com](http://www.childrensdanceplace.com))  
Seniors' Mobility Enhancement  
Innovative Coaching in Swimming,  
Running, Cycling and Golf