

LOCATIONS

Ken-Ton
Church of the Nativity UCC
1530 Colvin Blvd., Kenmore, NY

Hamburg
Hamburg Community Education
4111 Legion Dr., Hamburg, NY

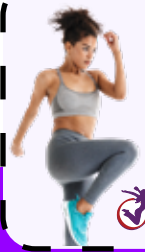
Lancaster
Lancaster Community Education
Hillview Elementary
11 Pleasantview Dr., Lancaster, NY

Trinity Episcopal Chruch
5448 Broadway, Lancaster, NY

West Seneca
Ebenezer Church of Christ
620 Main St., West Seneca, NY

Williamsville
North Presbyterian Church
300 North Forest Road,
Williamsville, NY

Amherst Presbyterian Church
151 Youngs Rd., Williamsville, NY



1 Free Class Pass

Bring a friend and try it out!

Please present this pass to instructor. Must complete liability form before participating. 1 free pass per person, per semester.

BODYSHAPING FITNESS

Call to reserve your space
716-868-0246

BODYSHAPING FITNESS

Offering the *BEST* in Group Fitness Classes in WNY!



You must REGISTER for all classes before you go to class.

Register Today!

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Look Good, Feel Good,

Get Into Shape

Register Today!

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We're passionate about helping you feel stronger and look great with our outstanding fitness classes.

Our aim at Bodyshaping Fitness is to get clients into shape through fitness development offered in our classes. We have easy-to-follow programs with fun, motivating, and energizing classes.

COMPREHENSIVE RANGE
A comprehensive range of fitness classes.

COMFORTABLE SESSIONS
Non-intimidating, non-judgmental, and comfortable sessions.

10 WEEK SEMESTERS
Offering ten-week semesters for Fall, Winter, Spring, and Summer.

40 YEARS OF EXPERIENCE
Over 40 years of fitness experience and training.

5000 CLIENTS
Over 5000 successfully trained and satisfied clients.

TO REGISTER:

Website:
www.bodyshapingfitnessLLC.com

Email:
bodyshapingfit01@gmail.com

Phone:
716-868-0246

MEET OUR INSTRUCTORS

Sandy Mannella Schwendler
Instructor / Owner
Sandy Mannella Schwendler, is a dynamic fitness entrepreneur & industry pioneer with over 40 years experience of success founding, & evolving group fitness brand. Founded Bodyshaping By Sandy, Inc. & successfully transitioned the business into Bodyshaping Fitness LLC. Proven expert in studio operations, brand evolution, community retention & curriculum design. Sandy is presently the JCC Buffalo Group Fitness Consultant while continuing to run Bodyshaping Fitness LLC.

BODYSHAPING INSTRUCTORS

Kim Bordonaro
KenTon
• Pilates • Human Reformer Pilates
• Strong & Fit

Kelsie Conti
Lancaster
• Bodyshaping-45 • Barre

Jill Conway
Lancaster, Williamsville
• Yoga • Pilates • Strong & Fit

Michael Makowski
Hamburg
• Strong & Fit

Lynne Mannella
KenTon
• 20-20-20 Workout

Ti Markle
Lancaster & Williamsville
• Pilates • Human Reformer Pilates
• Strong & Fit • TaiChi

Alex Nykiel
Lancaster
• Pilates

MaryAnne Perry
Williamsville
• Pilates • Barre

Ashley Tabaczynski
Hamburg & West Seneca
• Pilates • Yoga
• Human Reformer Pilates

Jordan Zimmerman
KenTon
• Yoga

PROGRAMS FOR EVERYONE

BARRE
This workout is fusion of Ballet, Pilates, Yoga, and fitness Techniques, all combined with mobility and strength training. Barre is the perfect blend of strength, flexibility and control for a balanced and powerful body! Bring Mat and 2, or 3 lb. weights.

PILATES FUSION is a low impact program that is Mat based exercises that build strength, flexibility and body awareness using body weight and controlled movements. Pilates emphasizes the principles of breathing, concentration and precision while targeting the core muscles and improving posture, balance and can be done by EVERYONE! This is Traditional Mat Pilates and may add weights to this program. Bring 2 or 3 lb. weights and mat.

RELAX WITH YOGA
This classic, Hatha-based class is designed to meet you exactly where you are, offering a perfectly balanced experience that is easy to follow yet deeply rewarding. You will move through a sequence of postures to build full body strength and flexibility, then transition seamlessly into restorative breathing and meditation to quiet the mind. Whether you are looking for a workout to condition your body or a peaceful escape to melt away daily tension, this class leaves you feeling completely refreshed, centered, and physically energized.

20-20-20 WORKOUT
This workout is a 60 minute Workout offering: Cardio, Toning and CoreWork that gives your body everything you need to get the RESULTS for a Strong and Streamlined Body! Bring a Mat and 2 or 3 lb. weights.

BODYSHAPING-45
Bodyshaping-45 is a forty-five-minute workout that is low impact, easy to follow, cardio program that is designed to deliver the aerobic benefits and calorie burn equivalent to a Three Mile Walk. It uses a combination of steady state "power walking" in place, basic aerobic steps and low impact movements to boost the heart rate without jumping or putting stress on joints. Get in Shape with this great cardio workout!

STRONG & FIT
Be Fit with a Strong and Fit Body. With this program we plan to Re-Shape your body with Weight Training and Cardio. We will be working each muscle group in your body to see change and strength. We will incorporate Cardio in this workout and perform stretching, balance, cardio and strengthening exercises which will increase in frequency, duration and intensity over time. Do you want your body to make changes?? Then join us with Strong & Fit! Bring a Mat and 2 or 3 lb. weights.

HUMAN REFORMER PILATES
A low impact variation of Mat Pilates, that utilizes resistance bands called FlexKords to replicate the resistance and core engagement of traditional Reformer Pilates. It focuses on posture, core strength and alignment through mat based exercises. This offers a portable and accessible alternative to Reformer class. Our instructor is certified by FitPro. Bring weights (2 or 3 lb.) and a mat.

PACKAGES FOR EVERYONE

10 Classes
1 class per week
$110.00

20 Classes
2 classes per week
$195.00

5-Day Pass
$240.00