

# FITNESSPILATESFUSION

# MVe™ Fitness Chair

MVe is the next generation of Pilates equipment-based group exercise. The MVe Fitness Chair workout is a heart pumping, music driven group class. It is unlike anything available at Clubs or Pilates Studios today. These workouts are fun, energetic and produce great results. It is challenging for the beginner and the elite athlete alike.

The MVe Fitness Chair is light weight and easy to use. The four spring mechanism allows for a quick and easy resistance change without affecting the energetic flow of the workout. The MVe Fitness Chair also provides an open frame that is stable and accommodates different body types.

The MVe Fitness Chair Workouts combine balance training, sports specific training and core training in a group fitness environment. It includes elements of flexibility, coordination, and strength training. It complements other activities such as step, indoor cycling, yoga, conditioning classes and weight training.

**See The Fitness Desk For Details!**



Expanding Wellness. Extending Life.

PeakPilates