



# **Pop Pilates**

**Sponsored by**  
*Auburn Recreation and Culture*

**September 19<sup>th</sup>-Mondays and Thursdays**

**At the Auburn High School**

**5:45 pm-6:45 pm**

**First Class is Free**

**The cost is 5 weeks for \$60 for 10 classes  
or \$10 drop in**

**Check only Payable to Town of Auburn**

**Please bring a mat and water.**

***pre- registration is required and mail payment Attn: Kristen Pappas  
/Auburn Recreation and Culture, 4 Goddard Drive, Auburn  
kpappas@town.auburn.ma.us; Angie <lavachea@me.com  
508-832-7736***

## **Instructor ANGELIQUE J LAVACHE**

Angie Lavache is a certified POP Pilates instructor looking for students to take her POP Pilates classes at Auburn High School Monday's 5:45-6:45pm and Thursday's 5:45-6:45pm. POP Pilates was created by Cassey Ho the creator of Blogilates which is the number one fitness channel on YouTube with over 3 million subscribers. The success of POP Pilates on YouTube inspired Cassey to develop a live class format to bring her message of positivity and the power of a Pilates inspired workout to group fitness classes everywhere. POP Pilates is a pre-choreographed class format and all instructors must pass a safety assurance video evaluation prior to earning their credentials to teach. The combination of total body Pilates exercises with the attitude of choreographed dance and the energy of music, results in an intense workout that is FUN and effective. Students will be challenged to flow from one exercise to the next, developing a rock solid core, while leaving NO muscle untouched. Every exercise can be modified to fit the needs of the class participants. They leave feeling sweaty, strong and ready to take on MORE