

## Schedule

Cicero New Country Plaza • 5962 Route 31		
Monday	Zumba	6:30 – 7:30
Tuesday	Pilates Int/Adv.	6:30 – 7:30
Wednesday	Hot yoga	6:30 – 7:30
Thursday	Yoga	5:30 – 6:30
Thursday	Pilates Beg/Int.	6:30 – 7:30
Thursday	Zumba	7:30 – 8:30
Saturday	Pilates Beginning	9:00 – 10:00
Saturday	Yoga Beginning*	10:00 – 11:00
Downtown Syracuse Onondaga County Civic Center 421 Montgomery St.		
Tuesday	Pilates	12:15 – 1:00

\* Class not currently in session – will start at a later date

## Rates

### Free introductory class!

Class punchcards – Pilates & Yoga		
Cards	Cost	
1 card - 8 classes	\$80 – valid for 60 days	
2 cards - 16 classes	\$128 – valid for 60 days	
3 cards - 24 classes	\$150 – valid for 60 days	
Unlimited	\$70 per month – valid for 30 days	
Private session by appointment- 1 hour private sessions are also available at \$60 per hour	Single 45 minutes	\$45
	Semi private	\$25 per person
	5 pack	Save 5%
	10 pack	Save 10%
	15 pack	Save 15%
1 Zumba card – 10 classes	\$60 – valid for 60 days	

Private sessions require 24 hour cancellation notice.  
Schedule and rates are subject to change

**Pilates** - Established in the 1920's by Joseph Pilates, this is a mat based overall body conditioning class that will develop core and back strength, increase flexibility, coordination and balance. Emphasis is placed on proper alignment and breathing to increase circulation. No other class will give you a long, lean and toned body!

**Yoga** - Develop strength, flexibility and balance using a series of basic postures. You will learn to relieve stress through breathing techniques. Yoga can improve blood circulation and boost physical strength and stamina.

**Hot Yoga** - an invigorating workout done in a heated room to release toxins, promote sweat and intensify the stretch.

**Zumba** - The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got a Zumba® class!

**Golf Pilates** - Learn how Pilates can build strength and flexibility simultaneously, develop core strength, improve your posture, alignment and weight transfer as well as create stability. It can improve your game while diminishing the chance of low back problems related to golf. Pilates teaches proper movement and applies these techniques to the specific biomechanics of the golf swing making it a powerful tool for improving your game.

**Reformer** - The reformer is an apparatus that builds muscle strength and flexibility through resistance with the use of springs. Private or semi-private sessions will allow the instructor to tailor the workout to your ability and needs. The reformer is the most popular Pilates apparatus that will give you a complete body workout and leave you energized and refreshed!

**Tap and/or Ballet** – available as a private lesson

**1 or 2 private classes are recommended if you are not familiar with Pilates or Yoga. Privates can be shared.**

**If you don't see a class time that's convenient for you contact us and we'll try our best to accommodate you.**

## Corporate Schedule

Crouse Hospital		
Monday	Pilates	4:10 – 4:55
Thursday	Pilates	12:00 – 12:45
Syracuse Newspapers		
Wednesday	Yoga	1:00 – 1:45
Hutchings Center		
Monday	Pilates	12:10 – 12:55
Wednesday	Pilates	5:00 – 5:45

**You must be an employee to participate in the corporate classes.**



## School Policies

- You must register and pay in advance to secure your spot in class
- 24 hour notice required for private class cancellation or cost of session will be incurred
- All missed classes can be made up within your 8 week session (in any open class).
- Please notify us 1 week in advance if you are dropping a class
- Please wear comfortable clothes, arrive on time to class and turn off cell phones & pagers
- A thin mat is recommended for Yoga and a ½” mat is recommended for Pilates
- Gift certificates available
- Receive a 10% discount when referring a new registering student to class.

**Valerie Patrick** is the owner and director of Fitness & Dance of CNY. She has an extensive fitness and dance background and over 25 years of teaching, performing and choreographing experience. Valerie has been dancing since the age of 4 and has years of experience in body mechanics, alignment and technique. A certified and experienced professional with over 200 hours of training in Yoga and Pilates Valerie has trained with master trainers such as Mari Windsor, Alycea Ungaro, Seane Corn, Baron Baptiste and Doug Swenson. Valerie received her Pilates certification from Power Pilates in NY, NY with Susan Moran Perich and from Balanced Body University in Boston, MA with Zanya Gold and her yoga certification from Yogafit of California.

Valerie has been an instructor at Syracuse University where she trained the women's crew team in Pilates and Yoga. She holds corporate classes at Crouse Hospital, the Syracuse Post Standard, Hutchings and with Onondaga County employees. She was the past director of dance at the CNY Gymnastics Center and the National School of Gymnastics. Some of her choreography credits include *Chicago*, *Fiddler on the Roof*, *Jesus Christ Superstar* and *Bye, Bye Birdie*. Valerie has also trained the Cirque du Soleil Alegria National Touring Performers.

In addition to choreographing several local stage productions, Valerie has also played numerous roles in many musical theater productions, including *Chorus Line*, *Chicago*, *Cabaret*, *Anything Goes* and *The King and I*.



Pilates has been a great addition to my usual workouts (which did not include core conditioning). Since I started Pilates, my back pain problem has improved immensely. Valerie is a great teacher and I highly recommend her. Pilates should be an integral component of any physical training.

Scott L. Treatman, DO, MPH  
Director, Employee Health Services Crouse Hospital

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Valerie's yoga class has helped immensely. It provides me with the fuel and rejuvenation I need to carry me through the week.

Mary Rand, AMLP, CIA, CFSA, CBM  
Asst. VP, Anti-Money Laundering –  
AXA Equitable

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Valerie explains the exercises thoroughly and varies routines to target all areas. She makes everyone, from beginners to more advanced students, feel equally at ease.

Margaret McCormick – The Post-Standard Newspaper

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Valerie allows each person to progress at their own rate and ability. You don't have to feel self-conscious because you can't do something as well as somebody else. One of the reasons I steer clear of health clubs and I have been to several over the years.

Sue Recchie - Claims Manager - Stop Loss Concepts

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Val is an inspiring instructor. She will always find a way to challenge you and keep you motivated. At the same time, she can accommodate multiple skill levels in her classes, and is consistently reminding her students of modifications so that no student will be pushed beyond their limits. Somehow, she finds a way to make the hard work fun.

Erinn Haswell, CPA - Manager of Financial Reporting -  
Crouse Hospital



## Pilates Mat & Reformer Yoga & Zumba Corporate Fitness

**Valerie Patrick**

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**cnyfitness@gmail.com**

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**5650 Business Ave. Cicero, NY 13039**

**Offering quality instruction by a certified  
Pilates and Yoga teachers.**

