

FAQs

What is Yoga? The word is often interpreted as "union" and is an ancient practice that originated in India approximately 2000 years ago. Today most people practicing yoga are engaged in a program of physical postures, breath work and meditation designed to purify the body and provide physical strength, stress relief, flexibility and emotional well-being.

What is Pilates? Pilates teaches balance and control of the body and when practiced faithfully, Pilates yields increased lung capacity and circulation through deep, healthy breathing strength and flexibility, particularly of the abdomen and back muscles, better posture, balance, improved bone density and joint health and increased core strength.

What if I have never done Yoga or Pilates? Everyone has to start somewhere, and we have beginners trying out the classes on a daily basis. The instructors are highly trained and will lead you through a challenging class based on your level. Generations also offers private training and basic workshops for a head start. Also, check schedule descriptions for a class that sounds interesting to you and meets your needs.

What should I expect at a small studio? To be a part of a special place where you can spend time focusing on your needs. We also expect that our students will show respect for themselves and others; some examples are being on time and minimizing distractions during class.

What should I bring to class? Comfortable clothing and a positive attitude! Mats, equipment, towels and water are available at the studio. Students should hydrate well with water and avoid heavy meals within 2 hours of class.

How do I sign up to take a class? We encourage you to use our online registration system to ensure your space in class, get a discounted rate and for convenience. If you are not able to pre-register for class, please arrive at least 10 minutes prior to class to sign in where you will be greeted by the instructor.

Generations Yoga and Fitness Hosting Classes at:



*1500 Dr. MLK Jr. St. N.
St. Petersburg, FL 33704*

*Offering a variety of Yoga, Pilates,
and Fitness Classes, Specialty
Training, Private and Small Group
Sessions, Workshops and More!*

*Our studio offers personalized
service for people of all ages and
levels of fitness.*

*Join us in our positive and
challenging environment to develop
your body, mind and soul.*

*Generations can also come to your home
or workplace for private lessons or group
classes. Please inquire by telephone or
e-mail for details.*

(727) 688-9597

www.generationsyoga.com

E-Mail: info@generationsyoga.com



Fitness For...

Stress Relief

Body

Challenge

Strength

Mind

Endurance

Balance

Spirit

Healing

Performance

Health

Discipline

Focus

Wellness

YOU!



About the Rubin Health Center

The mission of the Rubin Health Center is to provide quality health care to achieve optimum results. The Center's approach to health care is holistic, recognizing the need for overall health and wellness, including helping you recognize lifestyle factors that are impacting your health; including exercise, diet, rest, stress, trauma, environment and heredity. At the Center, a partnership is created between you and the staff to treat your body, mind and spirit ~ all at the same time ~ with the goal of feeling great!



Quality health care is never an accident...

At our center, more emphasis is placed on long-term alternative medical solutions which include chiropractic care, neuromuscular therapy (NMT), acupuncture, herbal medicine, applied Kinesiology, cold/laser therapy, nutrition and exercise. Live a healthier lifestyle and you'll find that your body generates its own healing. The Rubin Health Center can guide you on that path to wellness.

For a complete head-to-toe checkup, ask for a Structural Fingerprint Exam, which looks at your body as an architectural structure, pinpoints your stress points, and provides information to minimize your body's degeneration by using active and passive modalities.

1500 Dr. MLK Jr. Street North
St. Petersburg, FL 33704
Phone: 727-822-1555, Fax: 727-822-1777
Email: docrubin2@verizon.net

Why Generations?

Generations is a very small studio designed to provide people at all ages and levels of fitness with high-quality and effective experiences. Our instructors are some of the best in the Tampa Bay area and are here to help you accomplish your goals in a safe and meaningful way.

The studio has a small family-like, non-competitive but personally challenging and motivating atmosphere. Our instructors and staff strive to provide all students with individual attention and services to meet their needs. We like to make everyone feel comfortable at their own level of fitness and provide challenges to improve.

We Have Classes That Are:

Effective
Challenging
Family Friendly
Specialized
Small
And Wonderful!



Class Prices and Registration:

There are no contracts; pay as you go, or buy a package of classes and save!

****Register online for an even better rate!**

Single Class: \$15 regular/\$13 online
\$10 (Students, 55+, Government, and Military –must present ID at studio for discount before you can access discounted online pricing)

First Timers: Buy 1 class, get the 2nd free!

5-Class Pack: \$59 (Valid for 2 months)

10-Class Pack: \$99 (Valid for 6 months)

20 – Class Pack: \$180 (Valid for 1 year)

(Discounts available for categories listed above)

Personal Training/Private Lessons:

(Prices based on 60-minutes; additional prices available online for 90-minute sessions)

Single Session: \$65

Intro Special: 3-Pack \$130 (buy 2, get 1 free)

3-Pack: \$180; 6-Pack: \$330

Pilates Duets: Same price as private lessons - cost is split between the two students

Small Private Groups (2-10 people):

These are perfect for corporate groups and retreats, classes with friends and colleagues or specialized training on a schedule and with an instructor of your choice. Pricing is very affordable; prices based on class in the studio. For classes held at your place of business and/or home, please contact us for applicable rates.

Intro Special - Single Class: \$60

Regular – Single Class: \$80

3-Pack: \$216; 6-Pack: \$415

The studio also offers adventure trips, Thai Yoga massage, nutritional counseling and other wellness services. Contact us or check the Web site for additional details and pricing.

www.generationsvoga.com