



Cheryl A. Felice, President

What Do You Think?

If you're interested in attending Zumba or Pilates at AME, please send us an email on your preference and watch our website for updates.

Email your choice to wendy@scame.org

Zumba Or Pilates



Zumba at AME? Tell us what you think.

Are you interested in finding a fun way to exercise? Do you want to stay motivated to stay in the gym and feel good about yourself?

Well Zumba, a calorie-burning, dance-fitness party, may be the answer for you. This aerobics class features an exciting mix of Latin rhythms to "keep you moving and grooving." And you do not even have to know how to dance to do Zumba!!

Come on and give it a try!

Pilates at AME? Tell us what you think.

Pilates is a form of exercise, developed by Joseph Pilates, which emphasizes the balanced development of the body through core strength, flexibility, and awareness in order to support efficient, graceful movement.

One of the best things about the Pilates method is that it works so well for a wide range of people. Athletes and dancers love it, as do seniors, women rebounding from pregnancy, and people who at various stages of physical rehabilitation.

The top benefits doing of Pilates exercise that people report are that they become stronger, longer, leaner, and more able to do anything with grace and ease.