

# Special Body Assessment

with Anna, Beth, Diane, Eli, Gina, Karen, Lynn, or Tami

Explore your *unique* needs and prepare for beginning Pilates equipment class, all at a *great* rate!

## Only \$45!

In this an hour of *one-on-one* attention, you'll discover how to keep yourself aligned and get the most from a group class.

Learn basic Pilates equipment choreography to slide right into one of our **15 affordable**, weekly classes. (New Clients Only)