

Special Body Assessment

with Gina, Beth, Eli, Diane, Tami, Stephanie or Karen!

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

Only \$45!

Normal hourly rates are \$65- \$80!

In this 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 reformer choreography to slide right into one of our 22 *affordable*, weekly classes at each location. *New Clients Only*





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