



**The best
way to start Pilates
is with one-on-one sessions,
to feel comfortable and confident.**

**Special Holiday Pack:
Introduction to Pilates with
our new instructor Steve Whitaker (\$475)
5 Privates or Assisted Pro-Stretch**

Pro-Stretch is a medically proven assisted stretch technique
that improves flexibility and reduces aches and pains.

**Holiday Specials are available to all
clients from 12/17-1/6 and on your birthday!**

All specials expire 2 months from date of 1st session.

Gift certificates can be emailed directly or picked up in person.

Please contact the studio to arrange a time.

**Wishing you a year of Peace, Prosperity, and Pilates.
917.841.1218**