

Studio Sampler

at the



Tues. March 16th 6 - 8:30pm

Try a new class or try them all!
Bring your friends and make an evening of it!

Pilates Equipment (30 min sessions):

6 - 6:30: Reformer w/weights OR Tower
6:30 - 7: Tower OR Reformer w/weights
7 - 7:30: Tower OR Reformer Jumpboard
7:30 - 8: Reformer Jumpboard OR Tower

Yoga OR Tai Chi (1 hour sessions):

7:30 - 8:30: Introduction to Yoga w/Sharron
7:30-8:45: Tai Chi

Massage Therapy:

15 min Chair Massage with Justin Corson
15 min Posture Assessment with Tony Vitale

Cost: \$25
Redeemable
for
\$25 in services
at
both studios!

Call the studio to sign-up! 314.781-5050
Pre-registration required. Space is limited.
www.pilatescenterstl.com

