

# Special Body Assessment

with Gina, Eli, Diane 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. .





THE **PILATES & YOGA CENTER**  
OF SAINT LOUIS

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