

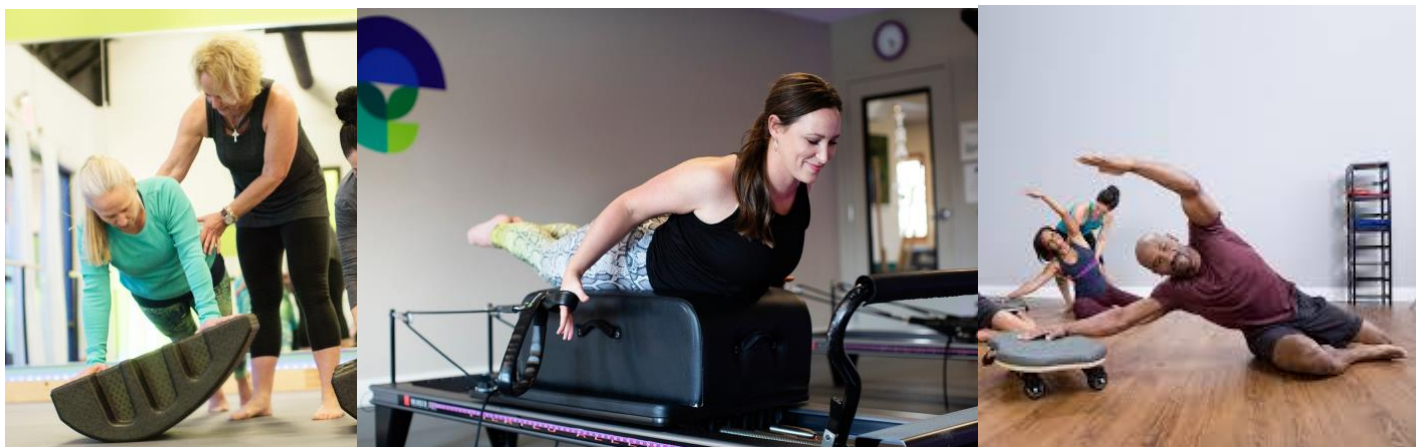


SMALL GROUP PERSONAL TRAINING

PILATES REFORMER Pilates is ageless and genderless. Anyone can benefit from pilates training: the athlete, the professional, those with physical challenges or injuries, the flexible and the inflexible. The list goes on. With hundreds of exercises, Pilates will push you in a way you have never experienced before. [Limit 4.](#)

PILATES ARC The Pilates ARC will help build core strength and Improve spine, shoulder and hip mobility. The ARC was inspired by Joseph Pilates, the original spine corrector. It also relieves back pain by improving posture, building flexibility and correcting spinal alignment. The ARC is perfect for the Pilates beginner or for those who have practiced Pilates for years. It adds variety and challenge to the mat repertoire. [Limit 4.](#)

PILATES ORBIT **Advanced** core work and technique. Exercises include both circular and linear movements with a Balanced Body piece of equipment called “the Orbit.”. It’s an amazing core workout because your abdominal muscles are always engaged. You will also increase upper body and lower body strength and improve flexibility and balance. An all-around great mind-body workout. Email for more information! [Limit 4](#)



Pricing				
Sessions	VIP Member		Guest	
		save		save
1	\$33		\$43	
5	\$155	\$10	\$205	\$10
10	\$300	\$30	\$400	\$30

Easy preregistration online. To learn more, visit us at www.energypilatesfitness.com

We require some Pilates reformer experience **before** joining a Pilates Reformer small group session.

Please schedule a FREE demo session, just email: Info@energypilatesfitness.com.