

Intro Assessment

Pilates: Gina, Tami, Ellen or Eli

Yoga: Pam, Meg, Sharon or Jayme

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

Only \$45!
regularly \$75

55 min of one-on-one attention: discover the basics and how get the most from a group class.

New Clients Only

FREE Pilates Equip. Class

(a \$30 Value)

Mondays - 6-7 pm

Call to reserve your spot! **314-781-5050**

One time only pass! New clients only please.

pilatesyogastudio.com