

# THE PURE PILATES PACKAGE

www.pure-pilates.net



**5** PRIVATE SESSIONS FOR **\$300**

**FOR A TOTAL OF \$75 IN SAVINGS**

This Introductory Package is recommended for those new to Romana's Pilates®. These sessions will begin to build your foundation for a successful understanding of your body and the Pilates method. You will be introduced to both the Pilates vocabulary and movement. It also provides an exploration of correct movement skills with particular emphasis on breath, concentration, control, coordination, abdominal support, as well as pelvic and spinal alignment.

**GET STARTED TODAY. OFFER ENDS DEC. 31<sup>ST</sup> 2010**

THIS IS A 1-TIME OFFER PER NEW CLIENT AND MUST BE COMPLETED WITHIN A FOUR (4) WEEK PERIOD.

**CALL 954.804.8450 TO SCHEDULE AN APPOINTMENT**