

NEW!

PRIVATE

# Pilates

## SESSIONS



### Starting March 3rd

We're excited to offer a **personalized, one-on-one** Pilates experience at our physical therapy office! Instructed by a former professional athlete and certified pilates instructor, Allyson Ritchie.



### Benefits of Pilates

- Improved Strength and Flexibility
- Improved Balance and Coordination
- Reduced Stress and Anxiety

### When

Mondays 4pm-6pm  
Tuesdays 4pm-6pm  
Thursdays 4pm-6pm  
Fridays 1pm-6pm  
Saturdays 10am-1pm

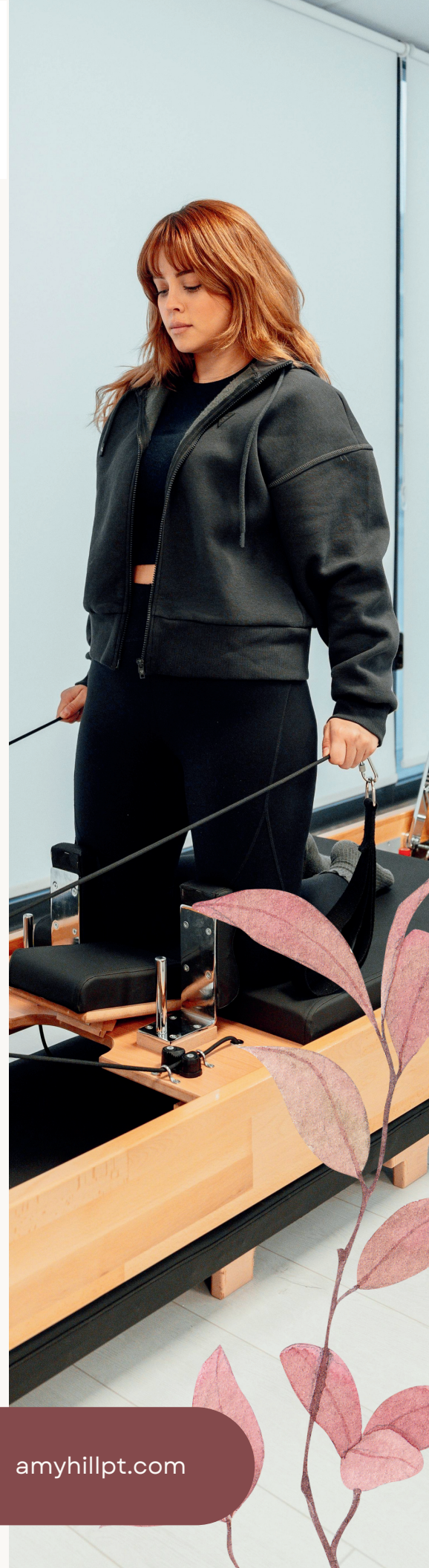
Scan me



SIGN UP NOW!

**\$65 per session**

Pay upon arrival



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