

# Pilates

WITH  
**LAUREE BRADLEY,**  
MS, RDN

Certified Yoga / Pilates Instructor  
Registered Dietitian Nutritionist  
Founder of Live Food Nutrition, LLC.



## PRIVATE SESSIONS

**MAT - REFORMER - CADILLAC  
YOGA HYBRID**

**60 min. - \$99**

**5 x 60 min. sessions - \$445**

~~\$495~~ **SAVE \$50**

**Book your appointment with  
Lauree at [laureejbradley@gmail.com](mailto:laureejbradley@gmail.com)  
or call (626) 487-7241**

PRICES GOOD THROUGH OCTOBER 31<sup>ST</sup>, 2023.

**BODY SYNERGY PHYSICAL THERAPY & WELLNESS CENTER**  
600 South Lake Ave., Suite 306, Pasadena, CA 91106  
(626) 356 4948