

The Pilates Institute of Boulder

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of Boulder

NEW CLASSES
Monday and Wednesday @ 11am
with
Kaye Anderson
Ph: 303-859-3846
kayepratte88@gmail.com

NEW CLIENTS ONLY
valid for 1st card only.

Classical Pilates studio
serving
Boulder county, Lafayette, Longmont,
Louisville, Erie, Superior

Pilates Classes, Privates, Rehabilitation,
Teacher Training and Certification (GI Bill accepted)

Joseph Pilates's favorite quote: "It is the spirit itself that shapes the body"



Ultimate Benefits of Pilates:

- Core/abdominal strength
- Flexibility & strength
- Energy
- Postural improvement:
- Balance & coordination
- Rehabilitation & resistance to injury

SAVINGS: from \$20-\$65!!

10 classes for \$200,
get additional free class (total 11 classes) **Save \$20**
10 privates w/ Regular beginning instructors for \$550,
get additional free session (total 11 sessions) **SAVE \$55**
10 privates w/ Master instructors for \$650,
get additional free session (total 11 sessions) **SAVE \$65**



www.pilatesinstituteboulder.com
www.pilatesinstituteboulder.com/classes.php
Phone: 720-971-0655 or 720-371-3236

Beginning Reformer classes
Time: Mondays and Wednesdays
@11am

Begins April 6th 2013 +