

The Next Two-Hour Workshop with Gail at MYB



**“ Pre-Pilates Tools
to Better-Understanding
Advanced Pilates Moves ”**

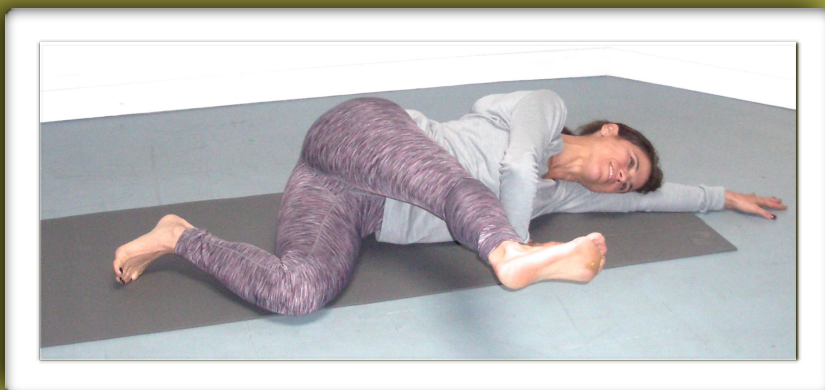
Friday, November 8th

Time: 3 - 5 PM

Cost: \$ 35.00

Where: Lex at 92nd St

The workshop will involve exercises touching upon all Pilates apparatus: Reformer, Cadillac, Chair & Barrels



Learn exercises & warm-ups to prepare the body to be stronger & well-connected.....

Perform Advanced Pilates Exercises efficiently & with more ease !

Taught by Gail Giovanniello PMA® CPT Sign Up Today!