

## Power Your Tower

Mind Your Body Pilates
In-House Workshop
Pilates with Some Pump!

"Power Through Some Moves. Repeat. Get Strong."
- Gail Giovanniello

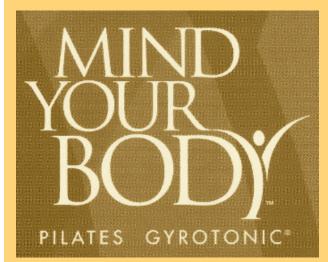
Fri Oct 4th - 4:30-6:30 Lexington Avenue @ 92nd Street

Gail Giovanniello PMA® CPT

is bringing back her famous "Power Your Tower" class by popular demand in a new 2-hour workshop challenge!







Limited Capacity! Our last workshop sold out!

Sign Up Now! Just \$ 35.00

