



Power Your Tower

Mind Your Body Pilates In-House Workshop

Pilates with Some Pump!

"Power Through Some Moves. Repeat. Get Strong."

- Gail Giovannello

Fri Oct 4th - 4:30-6:30

Lexington Avenue @ 92nd Street

Gail Giovannello

PMA® CPT

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



MIND
YOUR
BODY™

PILATES GYROTONIC®

Limited Capacity! Our last workshop sold out!
Sign Up Now! Just \$ 35.00



Get Information & Sign Up on the [Pilates Workshops Tab](#) at [MindYourBodyFitness.com](#)
Mind Your Body Pilates 1413 Lexington Avenue @ 92nd Street Call for Info 212-426-7960