

Pilates Trio Sessions

on the Tower Systems

Stress Less Intro Pack

4 Sessions - \$140

(save \$60)

see **Rates** page
for class schedule

Deal of the New Year

\$65 Private Sessions

Train with our Apprentice Teachers
in **Pilates**
(newly certified)

by appt **212.595.5922**

offer expires 3/1/10

New Mat Class @ the JCC

Standing Pilates Challenge

improve core strength, balance, & posture

**6 Mondays, 11:30am-12:30pm
Jan 25 - March 10**

To register for the class, call the JCC
@ **646.505.5708**

\$108 w/discount code "marcy"

www.jccmanhattan.org