

In Balance Pilates, Massage, & More

Andrea Sapiente, PhD, CMT Certified Pilates Instructor, Certified Massage Therapist

Channing Bump, Certified Pilates Instructor Pilates:

A mind and body workout that improves flexibility and posture, creating long, lean muscles and strong abdominals
\$8 per class Mat Class Schedule:

- Monday 8:15-9:15am
- Tuesday 9:15-10:15am and
- Friday 9:15-10:15am Pilates Equipment Sessions:
- 1 session: \$38
- 5 or 10 sessions: \$34 per session

Triple or duet 5-session package, per person: \$85

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New Client Special: Buy 1 individual session at \$38 and get your second session for only \$19!! Active Isolated Stretching:

- \$40 Per hour
- \$30 per 1/2 hour Therapeutic Massage: Relieve muscle pains and tension, increase circulation, improve sleep and decrease stress.
- \$45 per hour
- \$30 per 1/2 hour
- \$70 per 1 1/2 hour Gift Certificates Available!

Located in Fitness Factory at 330 Hughes Street
570-419-7548