

# Classical Pilates: Introduction to the Method

## Six-Week Series

Discover the systematic approach referred to simply as *the Method*. One day a week for six weeks, clients will experience traditional mat exercises, the prized Pilates Reformer and Cadillac exercises.



Our most comprehensive class offering to date, attendees are sure to develop an appreciation for the orderly and healthy approach to flexibility, strength and healing. Attend this series and discover how varied the exercises can be and how challenging they are to perform properly!

Enrollment will be limited to four people. Register now, or purchase the course as a gift for a friend or loved one!

**Classes are on Mondays from 6:30am-7:25am. Cost is \$150.00 total for the six-week series. Pre-registration is required. The next series begins Monday, September 10.**

### Special Offer:

All participants will have the ability to purchase a six-week private session package at the discounted rate of \$45.00 per session!

For information, email us at [info@studio17greenville.com](mailto:info@studio17greenville.com)  
or call 864-735-0666 or 630-363-5675.