

**NEW!**

# PRIVATE PILATES

## Reformer Training



**WITH HEATHER G.**  
*Pilates enhanced!*

This low impact workout uses a reformer machine to isolate, strengthen, stabilize, and support core & back muscles!

Adjustable for all fitness levels and body types!



### PILATES BENEFITS

- RECOVERY FROM INJURIES
- POSTURE, BALANCE & FLEXIBILITY
- CORE STABILITY & COORDINATION
- DANCE & SPORT TRAINING
- BACK PAIN RELIEF

**CONTACT US TO BOOK TODAY!**

 **MARY MILEO** 845-517-1415  
MARYMILEO@VISIONSC.COM

**NEW\***  
**CLIENT  
SPECIAL**

1 time purchase only

**3 PACK\* \$255**

50 MIN. PRIVATE SESSIONS

**SINGLE SESSION \$100**

**6 PACK \$540**

**NON-MEMBERS WELCOME!**

INCLUDES MEMBERS CURRENTLY ON FREEZE

SESSIONS EXPIRE 90 DAYS FROM PURCHASE.

Some Restrictions Apply. Pricing and Terms subject to change.  
Sessions must be purchased prior to scheduling appointment. Sessions are non-refundable.

**37 W. Ave. Pearl River | 845.517.1400**