

# 10% DNA 90% PILATES

franco's

## JOIN The Pilates Studio at Franco's Health Club & Spa

For Incredible Results at Affordable Rates!

### WHY PILATES

Pilates is designed to stretch, strengthen and balance the body.  
Pilates is based on the belief that mental and physical health are inter-related.  
Pilates is endorsed by health professionals worldwide.

**NEW SCHEDULE!**

### REFORMER / TOWER CLASSES

Small group Reformer or Tower classes give you the opportunity to train on the reformer or tower with a certified Pilates instructor in a class that accommodates up to 6 people. If you have no prior Pilates experience you will need to take one (1) private session with our Pilates Director free-of-charge.

### Group Class Schedule

MONDAY	10am & 6pm (NEW!)
TUESDAY	9am & 5pm
WEDNESDAY	10am & 6pm (NEW!)
THURSDAY	9am & 5pm
FRIDAY	10am
SATURDAY	9am
SUNDAY	9am (NEW! eff. July 5)

### Joseph Pilates philosophy:

*In 10 sessions you will FEEL the difference.  
In 20 sessions you will SEE the difference.  
In 30 sessions you will HAVE a whole NEW BODY.*



### Group Class Pricing

1 class	\$20	(\$24/non-member)
Pack of 6	\$110	(\$135/non-member)
Pack of 12	\$200	(\$252/non-member)

1 month unlimited classes	\$199/month
3 month unlimited classes	\$179/month
6 month unlimited classes	\$149/month

*\*Unlimited Monthly Classes for Members Only*

For more information, contact Joanna Evans

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