



**Movement Principle PILATES**

2, 6 Dorsey St, Milton Qld 07 3368 2264

Whatever you want your body to do .. Pilates can help you get there

**Brisbane Inner West Chamber of Commerce**

August 10<sup>th</sup> 2011

**Special offer for attendees:**

**20% discount on any package of pilates – valid for 1 month.**

**Here are our popular starter packages:**

5 x semi-private + free initial consultation = \$185 ..... with 20% discount = **\$148**

10 x semi-private sessions + free initial consultation = \$340 ..... with 20% discount = **\$272**

5 x private sessions + free initial consultation = \$350..... with 20% discount = **\$280**

8 x mat classes = \$144..... with 20% discount = **\$115.20**

Casual mat classes = \$20 ..... perfect way to try pilates ..... **\$16**

*Offer Valid only til September 10<sup>th</sup>. Please bring this letter with you on your first appointment.*

**Additional Local Business Offer:**

We want to encourage more local business people to look after their health with regular pilates. If you help us spread the word, you will be rewarded for it!

If anyone you refer (a friend, colleague, employee, family member) signs up for a package of studio pilates, you will get one free semi-private session added to your account!

*This is an ongoing offer, valid for all local businesses in the Milton area until the end of 2011. Referred client must provide the name of the business and individual who has referred them so we can pass on the free class.*

**What's the difference between studio classes and mat classes?**

**Studio classes** are run as private sessions or semi-private (trios, max. 3 to a session) and utilize all of the large equipment. The workout is tailored towards your needs, whether that's posture, injury recovery, stress relief or general fitness, and we take into account the strengths and weaknesses we discover on your initial consultation. Every session is different, and your progression is constant and focused. The instructor gives individual correction and hands-on help so you feel the benefits quickly.

**Mat classes** are a generalised approach to pilates, run as a group exercise class. The class is done on mats and uses small props (stretchy bands, balls, weights etc) and the exercises flow to give a whole body workout. The group all do the same exercises, and the focus is on general strengthening, flexibility and control, and a few fun challenges too!

**Not sure which one is right for you? Give us a call or drop by the studio, we'll gladly discuss your needs.**