

# Seascope Sports Club Now Offers REFORMER PILATES



*Private - \$80*

*Semi-Private (2) - \$60 per person*

*Small Group (3-4) - \$40 per person*

*5 and 10 Pack pricing available*

Through concentration, control, and correct breathing, Pilates can simultaneously lengthen and strengthen your musculature. Using precise movements and working the body as an integrated whole, you will improve core strength, posture, and balance. Reformer Pilates will also help to prevent injuries and improve performance. So whether you're a novice exerciser or an elite athlete, this program is right for you!

*Private, Semi-Private, and Small Group sessions available.*

**Steven Sarvis**

*Certified Personal Trainer and Pilates Instructor*



[SeascopeSportsClub.com](http://SeascopeSportsClub.com)

(831) 688-1993