

Compose

Inbox

Starred

Snoozed

Sent

Drafts 84

Ability 1

ACB 1

Admin Position

ADVANCE 1

Core Discounts

Credentialing 4

Google Account

Meet

New meeting

Join a meeting

Hangouts

Jean +

No recent chats  
Start a new one

# PILATES: POSTURAL RESTORATION STYLE

## PILATES WITH BETH ELDER

Postural Restoration Pilates combines a Pilates core workout with a Postural Restoration understanding of human positional tendencies. The combination of these two approaches results in a targeted, effective, power packed workout that activates abdominal muscle engagement and diaphragmatic breathing for good posture and core strength. Postural Restoration Pilates will give your body a workout that helps to heal and balance your body, rather than adding more stress to it.



Beth Elder is a NASM & ACE Certified Personal Trainer and PCC Pilates Certified Instructor

**Drop-In Rate: \$25.00 per class**

**5 Class Pass: \$100 (\$20/class)**

**10 Class Pass: \$175 (\$17.25/class)**

**15 Class Pass: \$225 (\$15/class)**

**25 Class Pass: \$300 (\$12/class) \*\*BEST VALUE\*\***



## CLASS TIMES

Page 1 / 1

TUESDAY 6:00pm – 7:00pm

82

3rd 202... 2:50 PM

ppoint... 2:42 PM

just c... 1:09 PM

ear old... 12:43 PM

ad are fi... 12:17 PM

e below... 11:53 AM

cal rev... 10:25 AM

ived 5 days ago. Reply?

ns now... Jan 24

nt activity: 26 minutes ago  
Details