

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 TIME

THURSDAYS 4:45pm – 6:45pm

REGISTER TODAY at Advance Physical Therapy 919.932.7266