

A

CORPORATE PILATES PROGRAM

can improve

company

HEALTH,

PRODUCTIVITY,

& PERFORMANCE.



THE PILATES CENTER specializes in improving health, productivity, and corporate performance. Among the lifelong benefits of Pilates are relief from muscular, skeletal and postural problems and increased flexibility. Pilates is also ideal for overall health, stress relief, conditioning pre and post delivery, athletic and dance training. Our New York certified staff understands the value of expert training.

Because the wellness of personnel has a direct impact on an organization's success, companies are finding healthy lifestyle programs to be an excellent Return on their Investment, as well as a highly rated employee benefit. The Pilates Center offers corporate rates for Pilates classes in mat (*introductory through advanced*) and tower (*introductory through advanced*).

- **Mat classes** meet one time per week for 12 weeks
\$2500 corporate rate per 12 week session, 1-12 people
- **Tower classes** meet one time per week for 12 weeks
\$3000 corporate rate per 12 week session, 1-9 people

Participants in corporate programs may attend the most convenient class time, space permitting.

Call **410.992.5155** today to yield a true return on a corporate investment or to schedule a demonstration for your staff or a visit to our studio.

LEARN PILATES THE WAY IT WAS MEANT TO BE TAUGHT—THE JOSEPH PILATES WAY.

- The Pilates Center offers gift certificates, ideal as client appreciation gifts.



www.lindaspilatescenter.com

The Pilates Center
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