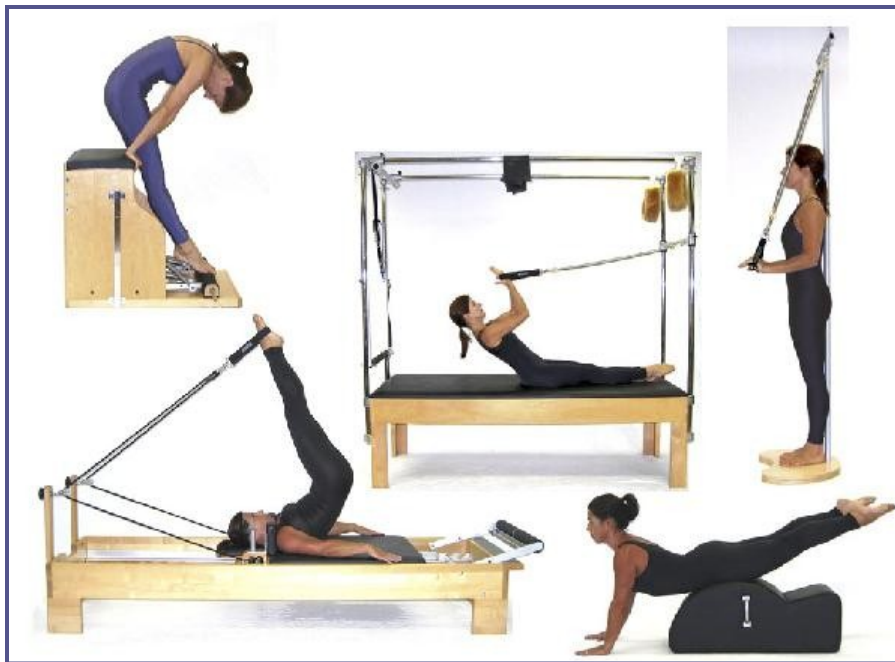


# **eastcoast**

**PILATES AND YOGA**



## **2012 Intro Program**

**(One Time Offer for New Students)**

This program is designed to introduce you to the Pilates Method (**Contrology**), the Original Apparatus & Matwork, and the various lesson options offered at East Coast Pilates & Yoga Center.

### **INTRODUCTORY PACKAGE: \$300.00**

Includes:

- (1) Private Intro/Evaluation Lesson
- (2) Private Lessons
- (2) 30 Minute Stretch Classes
- (2) 30 Minute Body Rolling Classes

**Package Expires in (4 ) Weeks from Date of Purchase**

**40 Main Street, Avon-by-The-Sea, NJ 07717**

**732-775-5006**

**[www.EastCoastPilates.com](http://www.EastCoastPilates.com)**