



PEACHTREE HILLS PLACE

AN ISAKSON LIVING COMMUNITY

# Pilates

**Instructor: Tamara**

**Pilates helps with:**

- *Longevity of life*
- *Injury Prevention*
- *Sharpening the brain*
- *Physical & Mental Health*
- *Graceful Aging & Movement*

**Fundamentals:** Basics with breath work focus

**Beginner:** using the Cadillac to assist with centering & balancing

**Intermediate:** reformer bed on wheels with various spring tension

**Advanced:** The Wunda chair with pedals

**Private Session (1 Member):**

**1 Lesson \$90**

**5 Lessons \$85**

**10 Lessons \$80**

**Semi-Private (2 Members):**

**1 Lesson \$60 per Member**

**5 Lessons \$55 per Member**

**10 Lessons \$50 per Member**

**Contact David Mahaffey at 404-783-3892 to book a session.**