



Welcome Package

A great way to get started!

5 Privates & 3 mat Classes
\$75 Savings!

Learn the many benefits of Pilates! At Center of Balance, our exercise programs completely engage your body and mind while restoring healthy movement. Individuals who train at Center of Balance include working professionals who want to use their time efficiently to reduce stress and keep fit, people recuperating from injuries, elite athletes training for events, dancers and performers, young people who are just beginning a fitness regime, and older adults who want a safe way to keep their bones strong and bodies flexible.

If you are a newcomer, the Welcome Package is a great way to get started!

- Work one-on-one with an expert instructor.
- Develop a personalized program that focuses on your specific goals and needs.
- Address imbalances to create more freedom of movement.
- Create a plan for your movement and conditioning goals to carry into the rest of your daily activities.
- Enhance your current workout regimen.
- Learn to get the most out of group equipment and mat class.

Sign up for a Welcome Package today!
Call 650-967-6414

Cost = \$365
(one time only, please)