

PRIVATE PILATES



Stretch your mind and body with a private Pilates mat session. This popular exercise method uses a series of floor exercises to develop a strong body “core” and achieve total body alignment.

- Your personal instructor will customize the experience to accommodate all skill levels, from the weekend warrior to the serious athlete
- Pilates slims and strengthens the abdominal and postural muscles, and also incorporates a mind-body connection
- This could be the springboard to a continuing Pilates program, resulting in enhanced flexibility, improved posture, balance, coordination, and better endurance

Your Gift Locations*

At Your Home in Manhattan
New York, NY

Availability

Year round, 7 days a week

Duration

1 hour

Essential Information

Minimum age is 16 years old; participants must be in good health

Numbers

Private experience for 1



*GIFTS ARE REGIONALLY BASED. PLEASE VISIT WWW.EXCITATIONS.COM/REDEEM FOR THE LATEST LOCATION LISTINGS • ED01-02-187-A