

PRIVATE PILATES WITH SEBASTIEN LAGREE



Stretch your mind and body in a private Pilates session with celebrity instructor, Sebastien Lagree. This session will combine moves on the customized Pilates apparatus with tried-and-true mat exercises that will drive optimal results. This unique combination of strengthening and lengthening exercises uses spring-driven machines and a series of floor exercises to develop a strong body “core,” long, lean muscles and achieve total body alignment.

- Meet Sebastien Lagree, French Pilates instructor to celebrity clients including Ben Stiller, Nicole Kidman, Sheryl Crowe, Jennifer Aniston, Courtney Cox, Laird Hamilton and more
- Discuss fitness goals with Sebastien before you begin so that he may customize your experience to accommodate your skill level, including everything 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*

West Hollywood, CA

Availability

Year round, 7 days a week

Duration

55 minutes

Essential Information

Minimum age is 14 years old; participants should be in general good health and must complete a waiver (by parent/guardian for those under 18)

Numbers

Private experience for 1 with Sebastien