

PRIVATE PILATES



Stretch your mind and body with a private Pilates mat and machine session. This popular exercise method uses spring-driven machines and a series of floor exercises to develop a strong body “core” and achieve total body alignment. Pilates slims and strengthens the abdominal and postural muscles, and also incorporates a mind-body connection

- Your personal instructor will customize the experience to accommodate all skill levels, from the weekend warrior to the serious athlete
- This could be the springboard to a continuing Pilates program, resulting in enhanced flexibility, improved posture, balance, coordination, and better endurance
- Includes free 2 weeks to any one class offered by the studio

Your Gift Locations*

Houston, TX

Availability

Year round, 7 days a week

Duration

1 hour

Essential Information

Minimum age is 16 years old

Numbers

Private experience for 1



*GIFTS ARE REGIONALLY BASED. PLEASE VISIT WWW.EXCITATIONS.COM/REDEEM FOR THE LATEST LOCATION LISTINGS • ED01-12-3301-A