

INTRO
to pilates

5 PRIVATE SESSIONS

only \$199

(a \$335 value)

Thinking of trying pilates or want some personal attention?

Pilates only works when it is done correctly- proper positioning is key. If you are just starting out or would like to brush up on your technique this intro package will provide you with personalized attention which will increase the effectiveness of your workout.

Only for clients who have not done private sessions at Surge before.

STUDIO SURGE