



Whatever Your Fitness Interests or Goals.....

achieve better results through

**Increased flexibility, mobility & agility*

**Excellent core stability & body balance*

**Stronger abdominal muscles & better posture*

**Relief of muscle tension*

WHAT'S THE SECRET????

The Pilates Advantage!!

After doing regular Pilates exercises, most people report that they become stronger, longer, leaner and able to do many of their normal activities with greater ease.

Make your individual training appointment with a "certified" fitness professional now!

** One 60 minute Session - \$45.00*

Buy 6 sessions, get one **FREE**, or buy 4 sessions get the 5th session **½ OFF!**

Ask about a 20% discount for 2 person training sessions

***CALL 913.707.7508** (or e-mail) pdanctil@yahoo.com*

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*Only YOU can make your tomorrow better.....**TODAY!!***