

New Year, New YOU...try Pilates Reformer Training!

6-week sessions beginning January 6th.

Pilates Reformer Training will focus on improving core strength, increasing flexibility, and promoting a lean muscular look.

\$120 Members (1x Week)
\$240 Members (2x Week)

\$160 Non-Members (1x Week)
\$320 Non-Members (2x Week)

\$25 Drop-In Rate



Register online at www.thearenaclub.com
or at the front desk

Call 410-734-7300 for more information!

30 Minute Demo Required for all Reformer Beginners.

2304 Churchville Road. Bel Air, MD 21015

www.thearenaclub.com

410.734.7300

Buy 3 Private Sessions, Get the 4th FREE!

(New Pilates Clients ONLY)

Offer only valid with select Pilates Instructors.

30 Min. Demo Required for all Pilates Beginners.

*Restrictions may apply.



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Arena
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