

***Transform your body with Pilates!***

***www.pattijoyce.com***

Try out the energizing Balanced Body Reformer, Pilates ARC Flex Balls, Stability Ball, Balance Disc, BOSU and Roller!



### **What is Pilates?**

Pilates incorporates strengthening and stretching for your entire body in one session. The Pilates workout connects the body and mind with core exercises and breathing. We can design a program that fits your needs combining resistance training and stabilizing core techniques. Men and women of all fitness levels are welcome!

- Increases core strength and tones.
- Firms the upper and lower body.
- Enhances flexibility with increased range of motion.
- Improves posture and bone density.
- Increases body awareness, balance and aids in injury prevention.
- Improves breathing and reduces stress.

### **We offer experience and professionalism!**

**Patti Joyce, BS, ACSM, ACE, NSCA**, originally from California, has enjoyed working in the fitness and wellness industry for 23 years. She specializes in helping clients make life style changes that work! *Patti's mission is to empower people to live a quality life through a healthy body, mind and spirit!*



**The Pilates Power Center  
5924 Timber Ridge Drive, Suite 202  
(next to Walgreens)**

***\$99 introductory special for 2 session  
Call Today (502) 303-6777***