

# Stretch Your Life Pilates

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 **Announcing** 

 **Pilates for Couples** 

If you enjoy Pilates introduce your significant other to Pilates and let us create a workout program for you both.

## **Couples Pilates:**

- great for bonding to build a stronger relationship
- added quality time together
- help your spouse enjoy a healthy lifestyle
- create more flexibility, strength and balance

Gift Certificates available. Gift ideas for Valentines, Birthdays, Anniversaries or a Special date with you significant other!

Call Karen 519-741-1449 for your appointment.

Email: [stretchyourlife.pilates@yahoo.com](mailto:stretchyourlife.pilates@yahoo.com)

Toll free: 1-888-741-1449

Web address: [www.stretchyourlife.com](http://www.stretchyourlife.com)