

Studio Body Logic



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Gift Certificate for

Pilates is a comprehensive exercise system lasting approximately one hour. An instructor will take you through a series of exercises and movements with an emphasis on your "core" musculature, which includes abdominals, back, and buttocks, while toning and strengthening arms and legs. All movements promote strength, stability, and an increased range of motion of the joints.

- Gift certificates are available in any amount or for any service. They must be used within one year of purchase date.
- You can call either Studio to order your gift certificate. We accept VISA or MasterCard. We will be happy to mail it directly to the recipient or you can stop by the Studio to pick it up.