

PRIVATE YOGA and PILATES SESSIONS

for members and non-members!

Now you can receive a customized mind-body practice, tailored to YOUR specific needs and goals! Receive one-on-one training to ensure perfect posture and appropriate modifications, on a schedule that works best for you!

Perfect for:

- Beginners who want to establish a solid foundation before joining group classes.
- Intermediate students who want to take it to the next level
- Injury prevention or recovery
- Pre- or Post-natal students
- Sports-specific core/flexibility training for athletes.
- Specific medical conditions (with doctor approval)
- Anyone who wants a customized mind-body program!



GENESYS
ATHLETIC CLUB

Call 810-606-7300 ext. 34029
or visit the front desk for more information!

FREE posture analysis prior to your first paid session!