



SPECIAL OFFER!

PRIVATE PILATES

with new instructor RIKA

**3 x 55-MINUTE
SESSIONS**

for
the
price of

**3 x 30-MINUTE
SESSIONS**



ABOUT THE INSTRUCTOR:

With a welcoming and supportive approach, Rika helps clients improve

- core strength
- posture
- and mobility

to support overall well-being.



MEMBERS:

\$147

(REGULARLY \$237)



NON-MEMBERS:

\$183

(REGULARLY \$294)

*for a
limited time!*

TO BOOK:

PLEASE EMAIL
personaltraining@jccgv.bc.ca



Limit one package per person. Valid for 60 days from purchase. Non-refundable.



Jewish Community Centre of Greater Vancouver
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