



FAIRPLAY THERAPY CENTER

PO Box 1087 * 548C Front Street
Fairplay, CO 80440
Ph. 719-836-1833 * Fax 719-836-3346

NOW OFFERING PERSONAL PILATES TRAINING

(Certified BASI instruction on Mat and Small Equipment)

Are you looking for.....

- Cutting Edge Full Body Personal Training
- Relief From Or Prevention Of Back Pain
- Improved Core Posture And Core Strength
- Sense Of Wellbeing And Improved Energy

Also offering beginner and
Intermediate mat classes
(Call for schedule and more info)

Special Introduction Package of 6 private sessions including initial assessment and
evaluation with a physical therapist..... \$150.00

Suitable for all ages, fitness levels and abilities

Call for more information and to make an appointment..... 719 836 1833