



As Voted For by Our Readers

AUTOMOTIVE SERVICES | HEALTH & WELLNESS | DINING, ENTERTAINMENT & HOSPITALITY
EDUCATION & CHILDREN'S SERVICES | HOME SERVICES | PROFESSIONAL SERVICES

Best Pilates Program

Laura's Ultimate Pilates Studio

7873 N University Drive
www.laurasultimatepilates.com
 954-575-2121

Experience the transformative power of Pilates with Laura's Ultimate Pilates programs. Laura, the owner and director, has combined the teachings of Joseph Pilates with her fitness expertise to create programs that will dramatically change the way your body looks and feels.

With over 20 years of experience in the fitness industry, including managing and directing premier fitness centers, Laura has curated some of the most innovative Pilates programs available today. She is dedicated to inspiring and motivating her clients to achieve and exceed their fitness goals.

Laura's unique teaching style and dynamic positive energy create a workout that produces dramatic results and transforms her clients' bodies. Her wealth of knowledge and extensive career experience allow her to work with individuals of all fitness levels, from beginners to professional athletes.

Discover the true fountain of youth for your body through Laura's Ultimate Pilates. Embrace the power of Pilates and embark on a journey towards a stronger, more balanced, and revitalized you.



ULTIMATE PILATES

PARKLAND'S PREMIER BOUTIQUE PILATES STUDIO

TRANSFORMING BODIES SINCE 2010

★ NEW CLIENT SPECIALS ★

(954) 575-2121

SMALL CLASS SIZES • ALL LEVELS WELCOME

Work Muscles You Never Thought You Had!

THE ULTIMATE WORKOUT

In 10 sessions
YOU WILL FEEL THE DIFFERENCE.

In 20 sessions
YOU WILL SEE THE DIFFERENCE.

In 30 sessions
YOU WILL HAVE AN ENTIRELY NEW BODY.

-Joseph Pilates



GET FIT TO THE CORE



- Full-body workout
- Creates long, lean muscle
- Sculpts & defines
- Works the deepest abdominal muscles
- Elongates your spine & improves posture
- Feel tighter, stand taller

GROUP CLASSES & PRIVATE SESSIONS




Ready to get a Pilates Body?






7873 N UNIVERSITY DRIVE, PARKLAND, FL 33067
 (Located at University Drive & Trails End across from Publix)

www.LaurasUltimatePilates.com