

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 25 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 toward a stronger, more balanced, and revitalized you.



**NEW CLIENT SPECIALS ★ ALL LEVELS WELCOME**



*Laura's* **ULTIMATE PILATES**  
 PARKLAND'S PREMIER BOUTIQUE PILATES STUDIO  
*Transforming Bodies Since 2010*

**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
- ELONGATES YOUR SPINE & IMPROVES POSTURE
- CREATES LONG, LEAN MUSCLE
- FEEL TIGHTER, STAND TALLER
- WORKS THE DEEPEST ABDOMINAL MUSCLES
- SCULPTS & DEFINES

**GROUP CLASSES & PRIVATE SESSIONS**

**(954) 575-2121**

7873 N UNIVERSITY DRIVE • PARKLAND, FL 33067