

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 25 years of experience in the fitness industry, including managing and directing premier fitness centers, Laura has curated some of the most innovative Pilates pro-grams 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.

Now offering Teacher Training Certificates



NEW CLIENT SPECIALS ★ ALL LEVELS WELCOME



PARKLAND'S PREMIER BOUTIQUE PILATES STUDIO

Transforming Bodies Since 2010

NOW OFFERING TEACHER TRAINING CERTIFICATIONS!

THE ULTIMATE WORKOUT

GET FIT TO THE CORE

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

GROUP CLASSES & PRIVATE SESSIONS

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