

PILATES

NUTRITION

WELLBEING

AERA

STUDIO

AFTER 10 SESSIONS, YOU WILL FEEL THE DIFFERENCE. AFTER 20 SESSIONS, YOU WILL SEE THE DIFFERENCE. AFTER 30 SESSIONS, YOU WILL HAVE A WHOLE NEW BODY.

Many people spend a lot of time and effort trying to get in shape, but without proper guidance and follow-up, they fail to obtain satisfactory results. **AERASTUDIO** makes personal training affordable to everybody, so you will get in shape in a short period of time and will learn how to stay fit for the rest of your life. Whether you want to lose weight, gain muscle or increase your energy, our custom-fit Pilates and Nutritional Programs will give you lasting physical results in a few months' time.

Pilates Rates*	Single	Duo (per person)	Valid for
1 Session	55	50	-
5 Sessions	250	200	2 months
10 Sessions	450	350	4 months
20 Sessions	800	600	6 months

*The price of the Nutritional Programs is included in these rates