

AERA STUDIO

SUMMER COUNTDOWN PROGRAM

The winter has come and gone and now we find ourselves back with the extra weight that we had painfully managed to lose during the last year.

At AERA STUDIO we have developed a Program based on the Pilates principles and our own experience in nutrition, that will help you lose that extra weight in time for your summer holidays. This program is given to our clients at no additional cost from our pilats sessions rates.

Come join us and get back in shape in no time. You will soon feel so much better.

