



**PRESENTS:**

## **New Pilates Mat Classes!**

**Tuesday Mornings @ 9:30am    Beginning October 10<sup>th</sup>**

*\*We kindly ask that you refrain from wearing cologne, perfume or scented lotion for all to enjoy clean and healthy breathing, a very important component of a great Pilates session, and also to help those with chemical sensitivity.*

**\*\*\* Private lessons on equipment also available by appointment.**



### **Instructor: Manon Laplante**

Relocated from Los Angeles, California, Manon Laplante owned her own studio where she had a varied clientele from all walks of life including dancers, actors, and athletes. She has worked with both prenatal and postnatal women and specializes in helping people achieve their personal goals in improving posture, appearance, and performance, all of which is important both in preventing injuries and for recovery following an injury.

Manon started dancing at age 3, later on received a college degree in dance and was a dance teacher for over 10 years before she became a Pilates instructor. She holds 3 Pilates certifications through the PhysicalMind Institute, B.A.S.I. (Body Arts and Science International, and through the PMA (Pilates Method Alliance).

Over the 15 years Manon has been teaching Pilates, she has earned a positive reputation for her unique, precise approach and her dedication to her clients. Whether her classes are in group or private lessons, Manon's focus is always on movement for ultimate results.

More information available at [www.lepilatesloft.com](http://www.lepilatesloft.com)

or by calling

**323-552-8992**