



Ready to have a blast and get into great shape?

Check out **ROCKIT BODY [PILATES]**™ in Manhattan and Redondo. **ROCKIT PILATES.** Enjoy the optimum full-body workout with a unique fusion of pilates, cardio and strength training using our state-of-the-art Proformer™. (In just 50 minutes!) **ROCKIT BARRE.** Time for a knockout body with high cardio that lengthens, stretches and tones. **ROCKIT RECESS.** Attack the fat with our brand new fusion of boot camp, circuit training and crazy fun. **ROCKIT BODY [PILATES]**™ A hi-octane, shirt-drenching, total-body reshaping – all set to a great beat. Fun? Definitely. Addictive? Any more so, and it would be illegal. **For intro specials, visit RockitBodyPilates.com, or stop by the studios!**

RockItBodyPilates.com • 1834 N. Sepulveda Blvd. Manhattan Beach • 1718 S Catalina Ave. Redondo Beach



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