



# SHRED

## PILATES & SPIN

[SHREDBODY.COM](http://SHREDBODY.COM) - 617.481.0156 - QUINCY

SHRED PILATES & SPIN IS A BOUTIQUE STUDIO OFFERING A SMALL CLASS STRUCTURE WITH CERTIFIED INSTRUCTORS WHOSE AIM IS TO CHALLENGE AND SUPPORT YOU TO REACH YOUR PERSONAL GOAL.

- + REFORMER PILATES
- + MAT PILATES
- + SPIN
- + SURFSET

SHRED WOULD LIKE TO OFFER YOU A **10% SAVINGS** OF EITHER:

- + **UNLIMITED MONTHLY PACKAGE (RETAILS FOR \$99)**  
**SHRED FOR LESS PRICING \$89**
- + **FIVE CLASS PACK (RETAILS FOR \$65)**
- + **SHRED FOR LESS PRICING \$59**

TO TAKE ADVANTAGE OF THIS EXCLUSIVE PRICING:  
CALL 617.481.0156 OR EMAIL [SARAH@SHREDBODY.COM](mailto:SARAH@SHREDBODY.COM).

MENTION THE OFFER “SHRED FOR LESS”...

WE WILL TAKE CARE OF THE REST!

YOU WANT TO GET SHREDDDED?

COME IN AND CHALLENGE YOUR WORKOUT!