

# Pilates and Yoga at the Beach

September 29<sup>th</sup> - 30<sup>th</sup> 2012

**A Weekend of Pilates, Yoga and Fun at the Jersey Shore!**

***\$375.<sup>00</sup> per person - double occupancy \****

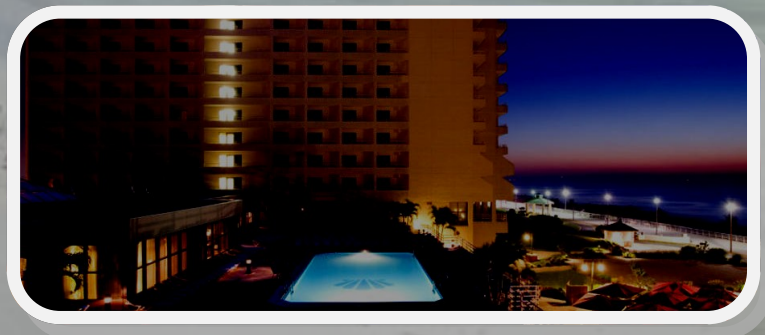
**Add \$100.<sup>00</sup> for single occupancy**

## Price Includes:

- **1 night coastal view room at the lovely *Ocean Place Resort* in Long Branch , NJ (taxes & gratuities included).**
- **Yoga Stretch Class Saturday evening.**
- **Pilates Mat Class Sunday morning.**
- **Buffet Breakfast.**
- **50 minute Swedish Massage at the beautiful *Ocean Place Resort European Spa*.**
- **Free Parking (transportation not included).**
- **Unlimited use of fitness center with panoramic ocean views.**
- **Right on the beach with great restaurants and Pier Village shopping just steps away.**
- **Bring a friend - open to all, no Pilates or Yoga experience needed.**



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[www.longevitypilates.com](http://www.longevitypilates.com)



**\* DEPOSIT AND RESERVATIONS REQUIRED**

**TEXT/CALL: 973-632-0830 FOR MORE INFO.**