

Sunday, September 8, 2013

## GYROTONIC(R) Classes & Privates

amandatay.com info@amandatay.com

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The GYROTONIC EXPANSION SYSTEM(R) was created by former dancer and gymnast Juliu Horvath and is based upon some of the movement principles of Yoga, dance, gymnastics, swimming, and Tai Chi.

Some benefits include:

- Flexibility and range of motion
- Body toning
- Injury rehabilitation
- Stress reduction
- Increased energy
- Weight loss

First 3 Pulley Tower Group Classes at only \$52.50 (Usual price: \$20 per class)

First 1-hour Private Session at only \$45 (Pulley Tower Unit & specialized equipments: Jumping-Stretching Board and GYROTONER(R))

GYROTONIC(R) classes and privates in East Village. More information and pictures of equipments on [amandatay.com/GYROTONIC](http://amandatay.com/GYROTONIC)

Email [info@amandatay.com](mailto:info@amandatay.com) for enquiries and appointment booking.

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