

Natural Pilates
Pilates & Bodyworks

Private Pilates & GYROTONIC®

studio in the Heart of Beverly Hills



Best place to get in shape in **2012**

Natural Pilates is a beautiful private pilates studio situated in the heart of Beverly Hills right accros the Peninsula Hotel. The founder, *Laura Bogdaniuc* originally from Romania, utilizes her European experience gained from being a professional athlete (archery), massage therapist and dancer to design an exercise program to meet individual needs. She brings discipline and focus in the work she does with each client. All the instructors at Natural Pilates are certified and proficient in working with diverse populations from rehab to athletes, from young adults to older clientele and more. Natural Pilates is a fully equipped studio that offers Private Pilates, GYROTONIC®, Spinning®, and group Classes. Their friendly staff can help you find the session and the instructor that suits you for more optimal results.

www.naturalpilates.com

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