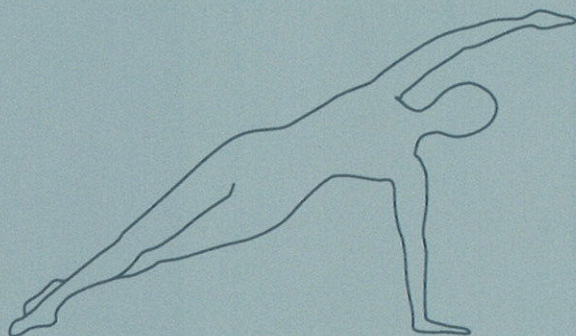


# Vero Pilates

***Pilates***, experience the original method on the equipment

***ELDOA***, learn the most effective stretches and exercises to normalize your fascia throughout the body





# Vero Pilates

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## Pilates

At Vero Pilates experience the life-enhancing workout created by Joseph Pilates. Learn to use intentional movements to restore alignment, correct muscle imbalances, increase mobility and reduce injuries. Train the mind and body together through strength, stretch and control to achieve your goal of overall fitness and wellness.



## ELDOA

The ELDOA method based on osteopathic principles, where structures determine functions through the fascial network, uses exercises and postures to improve your form, quality of movement and wellbeing.



## Personal Training

Pilates and ELDOA are offered as tailored private sessions focusing on your personal fitness goals and individual needs.

We also offer semiprivate classes max 3 participants to achieve your overall health and wellness through myofascial stretches, reinforcement and proprioceptive exercises.