

*Pilates*

ALIGNMENT ROOM

# rolf METHOD of STRUCTURAL INTEGRATION

An aligned body  
gives you more  
freedom, less pain  
and improved  
performance.

Rolfing® is a manual  
therapy which works  
to alleviate strain in  
the fascia (connective  
tissue) and re-educate  
the brain-body to find  
easy and pain free  
movement.



*90 Minute Session*

**PURCHASE THE ENTIRE 10-SESSION SERIES  
and SAVE 10%!**

**\$1305 Member / \$1395 Guest**

**SINGLE SESSION**

**\$145 Member / \$155 Guest**



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**GREENWOOD ATHLETIC  
AND TENNIS CLUB**

THE *Best* PART OF *Your Day!*®