

In 10 sessions you'll feel the difference, in 20 you'll see the difference, and in 30 you'll have a new body.

Joseph Pilates

## OUR STUDIO

Explore the brandnew studio in the heart of Zug where we offer **small group** Yoga & Pilates classes. You'll receive the **individualised attention** you deserve allowing you to **progress at your own pace**. Be part of our welcoming community and experience the benefits firsthand.

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

LET'S CONNECT  
AND FEEL THE  
CHANGE

PRICING



Personal & small group

# Pilates Yoga

ECLIPSE LIFESTYLE ZUG

# The Team

Let's connect



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ECLIPSE LIFESTYLE

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## Mat Pilates & Reformer

The perfect combination of strength and mobility. Pilates gives your deep-lying muscles an intense workout, with particular focus on the core. It aligns your posture, elongates your muscles, strengthens the core and increases flexibility. We offer a wide range of best-in-class instruction to guide and transform your body.

## Vinyasa Yoga

Vinyasa classes are a strong moving flow that cultivates balance, stability and flexibility. Breath awareness and coordination are essential features of this practice. Yoga aligns your body, mind and soul.

BOOK  
YOUR SLOT



CLASSES

Mat Pilates & Yoga

all levels

Reformer Pilates

intro + level 1

VIEW  
SCHEDULE

