

PILATES

Beginners to intermediate

For Strength, Flexibility and Core power

✓ No joining fees and No set course time, just continuous personalised Pilates with Personal Trainer Michelle Moss also highly qualified certificate 3 Pilates instructor. We provide the mats. You will require your own water and a large towel.

Why Pilates

Fantastic way to introduce your body to exercise and core strengthening. Pilates is a very intense stretching class that incorporates workouts for your abdominals, leg, arms and back muscles. Benefits of Pilates include:

- ✓ Improved posture and coordination
- ✓ Improved flexibility
- ✓ Increased muscle and core strength.
- ✓ Rehabilitating
- ✓ Restoring the muscular balance of the body



Saturday 11.15am - 12.15 Casual or 10 pack available

Personal Attention = 2 to 8 participants to a class

**FREE
TRIAL for
you & a
friend**

