

PREPARATORY PILATES

Back by very popular demand!!

Ok ladies you asked for it and we are delivering, AGAIN!

Please join us for our third Pilates Preparatory Class.

This is a one hour progressive course and you will move from beginner to a more advanced Pilates level, allowing you to participate in the intermediate session which will be offered at each term.

We will concentrate on developing a strong core, flat abdominals and a strong back. You will gain agility and flexibility while learning patterns of motion that create long, lean muscles. You will also learn body awareness, good posture and easy, graceful movements.

Mondays 7:00 - 8:00
September 13 – October 18

Fee: Member \$60/ Non-Member \$75

Please register no later than Wednesday September 8

Registration is non-refundable but is transferable.

Taught by Holly Ruth RD (Registered Dietitian), LD (Licensed Dietitian), Ace Certified Instructor, Mat Pilates and Yoga Ball Certified