



Pilates

Pilates Classes 2009

*"The intelligent way of
working out..."*

Based on the philosophies of Joseph Pilates this method will help you **develop strength and flexibility**. This class has strong emphasis on **strengthening and toning the lower back and abdominal areas** along with promoting greater **body awareness**.

**FREE INTRODUCTION, demonstration
and Registration @ The Glasshouse**

7pm Wednesday 16th September

*Registration - Classes must be paid in full on or before the first night

Classes Starting:

Monday Venue: Northside Centre, Forthill
6.30PM Beginner - 7.30PM Intermediate - 8.30PM Advanced
Start date: 21st September **Ends:** 30th November

Tuesday Venue: Riverside Studio
6.30PM Beginner - 7.30PM Beginner - 8.30PM Intermediate
Start date: 22nd September **Ends:** 1st December

Wednesday Venue: The Glasshouse
6.30PM Beginner - 7.30PM Intermediate - 8.30PM Advanced
Start date: 23rd September **Ends:** 2nd December

Thursday Venue: Riverside Studio
6.00PM Beginner - 7.00PM Beginner
Start date: 24th September **Ends:** 3rd December

10 Week Course €120(10 weeks excl. bank holidays)

(*Intermediate - to be eligible you must have completed a beginner course)

Text Catriona 086 8142424 info@sligopilates.com

Please Note: Times maybe subject to change Check

www.sligopilates.com

As with all exercise classes, seek medical advice if necessary