



# Pilates Classes 2008

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

## Pilates

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**.

### **Monday** Northside Centre, Forthill.

Dates: April 28, May 12, 19, 26, June 9, 16, 23, 30

6.30PM Beginner -7.30PM Intermediate  
8 Week Course €90

### **Thursday** Wellness Centre, Wine St.

June 19, 26 July 3, 10, 17, 24, 31 August 7

6.30PM Beginner -7.30PM Intermediate  
8 Week Course €90

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

**Text Catriona 086 8142424 [info@sligopilates.com](mailto:info@sligopilates.com)  
to pre book before April 8<sup>th</sup>**

**Please Note: Times maybe subject to change**

**Check [www.sligopilates.com](http://www.sligopilates.com)**

*\*As with all exercise classes, seek medical advice if necessary\**

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