

Sep-08 6 Week Pilates Class

September 8- Ending Week of October 13

Classes are 2/week \$114 + GST = \$119.70

Introduction to Essential Pilates Matwork

Essential 1

Must have completed Introduction to Essentials Matwork

Essential 2

Must have completed Essential 1 - Basic Principles must be strong.

Classes are for Men, Women and Students.

Exercises are kept simple placing emphasis on using your core body and proper body alignment.

Monday and Wednesday Evenings

6:00 - 7:00 Essential 2 - Intermediate
7:00 - 8:00 Introduction to Pilates (Beginner)
8:00 - 9:00 Matwork - Men's Class

Tuesday and Thursday Morning

9:00 - 10:00 Essential 2 - Intermediate
10:00 - 11:00 Beginner Mature Adult (Pilates for the Petrified)

Tuesday and Thursday Noon Hour Class

12:00 - 1:00 Essential 2 - Intermediate