

Fitness Pilates



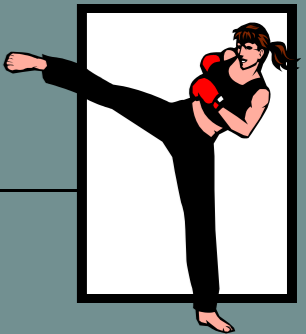
All classes @ Glengarry Primary School, Duncraig

6.30 - 7.30 pm

NEW CLASSES

7.40-8.40 pm

<p>M o n</p>	<p>Pilates with a ball* Get fit and have fun. Pilates routine using the large Pilates ball to strengthen the core and tone muscles. NEW STARTS 27TH FEB</p>	<p>Pilates for runners and walkers* This program progressively strengthens and tones core muscles as well as sport specific muscles, making you stronger and reducing injuries.</p>
<p>T u e s</p>	<p>Fitness Pilates Circuit* A mixture of cardio and core strengthening, the perfect match. A circuit based session with Pilates stations, to strengthen the core and improve posture. This class is modified to suit all abilities, and is particularly suited to team sports participants. NEW STARTS 13TH MARCH</p>	<p>FITNESS CARDIO BOX KICK <u>Something different.</u> Burn lots of calories, improve cardiovascular fitness, strength, coordination and flexibility whilst learning skills of boxing and kicking. NON-CONTACT Course booking only - 6 weeks course \$80 NEW - STARTS 13TH MARCH - Limited spaces</p>
<p>W e d</p>	<p>Pilates all abilities* Work at your own pace in a friendly environment. Strengthen your core and tone whole body for good health and well being. This class improves posture and increases flexibility</p>	<p>Gentle Pilates* A gentle introduction back into physical activity. A relaxing exercise routine designed to improve flexibility and strengthen core muscles. NEW - STARTS 29TH FEB</p>



FITNESS PILATES BOOTCAMP - 4 week weight loss programme \$110
 What you get?-Two Pilates sessions a week for 4 weeks / -Nutrition and exercise plans emailed to you / -Online motivational support.
 To register your interest email Jay at fpbootcamp@me.com

*Cost - \$10 per class or 6 for \$60 + free mat or ball / \$15 mat to buy / \$2 mat hire

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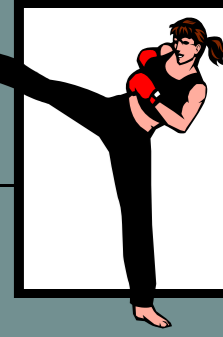
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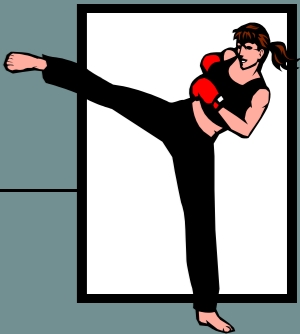
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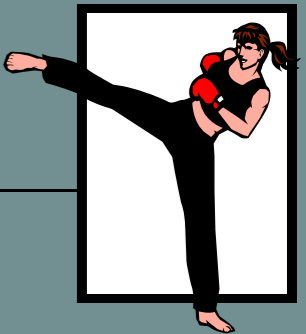
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