

PILATES



INTERESTED IN PILATES?

DO YOU WANT TO BE TONED, STRONGER, AND HAVE MORE ENERGY? THEN PILATES REFORMER TRAINING IS FOR YOU!
STILL NOT SURE? READ ON...

- Pilates training can free the body from poor postural habits, while relieving tension and fatigue.
- Private training can be customized to your need; the exercises are modified according to each person's individual flexibility and strength limitations.
- Group classes are small in size, offering more individual attention.
- Pilates Reformer training offers extensive functional benefits: improved flexibility, joint mobility, balance, coordination breathing and posture.
- Anyone can do it!

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