

# Kelowna Pilates Studio

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## Introduction to Pilates

Regardless of your personal fitness objectives, Pilates has something for you. Discover how Pilates can help keep you moving, strengthen your core and improve your overall strength and posture.

In this time you will learn the ABCs of the Pilates approach to exercise, and become familiar with many of the basic exercises.

*These classes are intended for those who are trying Pilates for the **first time**, or who have tried Pilates in the past and would like to **get back** into a dedicated program.*

**Cost is \$160 plus GST for 10 weeks!**



**Wednesday, May 3rd, 2017**

**Time 6:15 pm**

**Duration 55 minutes**

To sign up, contact **Rutland Physical Therapy Clinic** at **250-765-2665**