

**REHABILITATE – REGENERATE – REVITALISE**

# New for 2010

## Trial Pilates Workshop

The Team at Brighton Beach firmly believes in the benefits that can be gained from using the principals developed by Josef Pilates.

If you have never tried this form of exercise we would like to welcome you to attend a free trial Pilates Workshop.

***Benefits of attending Pilates Classes at Brighton Beach are:***

- ❖ *Suitable for all ages & abilities*
- ❖ *Classes size are small, fun & friendly*
- ❖ *Challenging*
- ❖ *The techniques can be applied to daily activities*
- ❖ *Fantastic way of improving posture*
- ❖ *Motivational*

**Workshop dates and times are as follows:**

<b>Tuesday</b>	<b>16<sup>th</sup> March</b>	<b>9am</b>	<b>Pilates Mat Class</b>
<b>Tuesday</b>	<b>23<sup>rd</sup> March</b>	<b>9am</b>	<b>Pilates Equipment Class</b>
<b>Tuesday</b>	<b>30<sup>th</sup> March</b>	<b>9am</b>	<b>Pilates Mat Class</b>
<b>Tuesday</b>	<b>13<sup>th</sup> April</b>	<b>9am</b>	<b>Pilates Equipment Class</b>
<b>Tuesday</b>	<b>20<sup>th</sup> April</b>	<b>9am</b>	<b>Pilates Mat Class</b>
<b>Tuesday</b>	<b>4<sup>th</sup> May</b>	<b>9am</b>	<b>Pilates Equipment Class</b>
<b>Tuesday</b>	<b>11<sup>th</sup> May</b>	<b>9am</b>	<b>Pilates Mat Class</b>

*dates and times may be subject to change – conditions apply*

*please consult your GP before starting an exercise class if you have any pre existing medical condition.*

**Class sizes are limited. Book early to avoid disappointment**