



Teen Pilates Holiday Programme December 2011



Can you find your core?? After this course you will not only be able to find it but use it to jump higher, run faster and breathe better

Who this is for:

12 to 17 year olds. No experience required.
Have fun, bring a friend

**When: Wednesday 14th December 2pm 2 /12 hour
Start up Workshop**

Workshop will include a Mat Pilates session, Equipment Pilates, some anatomy and nutritional information, plus refreshments

**Follow up Classes: Monday, 19th, Tues 20th & Wed 21st
approx 90 mins each**

**Do one or all of them: \$99 for full programme:
\$50 for Start up Workshop, \$25 each for individual follow up classes**

Where: Remuera Rackets Club 17 Dilworth Ave Remuera

With: Katie Quirke: Diploma in Dance Teaching with British Ballet Organisation and Diploma in Advanced Mat Pilates Instruction (UK)
(SABA: South Auckland Ballet Academy)

How: Call 09 965 3011 or email jenny@bodywisepilates.co.nz
to register www.bodywisepilates.co.nz



Limited to 6 places per class: **Call Now!**