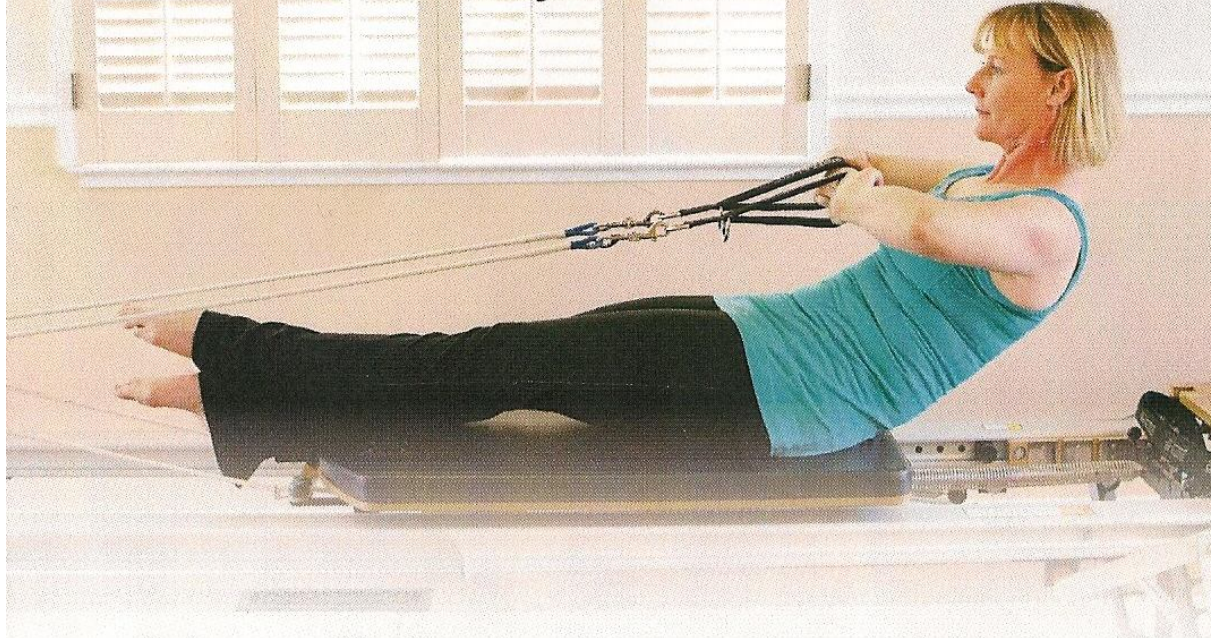


One-to-one Pilates

on a reformer machine



A class specifically catered to you and your individual needs

What is the reformer?

The reformer is the most popular and versatile piece of Pilates equipment combining a moving carriage with ropes and springs used for resistance and assistance. Joseph Pilates invented the exercise machine to address virtually every part of the human body and can be used by anyone aged ten to one hundred and ten, complete beginner to the super fit.

Benefits

- Improve posture, balance and flexibility
- Strengthen core muscle
- Develop long lean muscle & improve body tone
- Decrease stress and increase well-being
- Helps with the recovery of injuries or back pain

Sandra Soden

NCEF Fitness Instructor – Personal Trainer
Body Balance Reformer Pilates Instructor

One Session: €40
Six Sessions: €200
Ten Sessions: €300
Once-off trial 30 min session €15

Gift Vouchers Available



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