

**\*\*\*FREE\*\*\***

# PILATES WORKSHOPS

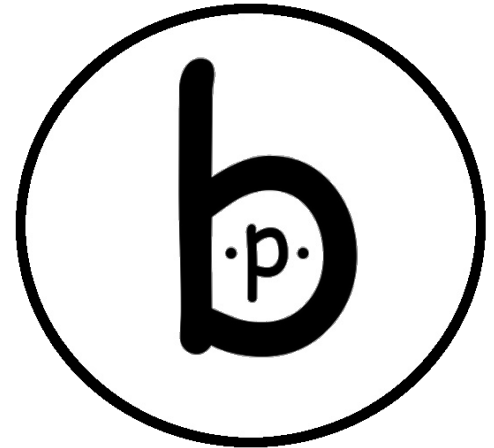
**2017 - 2018**

**Free Foam Roller, Beginners & Free Big Balls**

With Posture Check @ St. James, 24 Seamer Road, Main Hall,  
Tuesdays 1.20-2pm

**barbarapilates.com**

To book your place: 07711 756572 -  
bbabs.fit@gmail.com



## **FREE Beginners Pilates**

**\*FREE\***

Introduction into Pilates; come along & try this exercise regime to help you engage and use your core to improve strength, flexibility and balance.

**16 May, 19 Sept, 21 Nov 2017 & 16 Jan 2018**

## **FREE Pilates on the Foam Roller**

This Pilates Workshop will include Pilates exercises using the foam rollers and includes trigger point massage at the end!

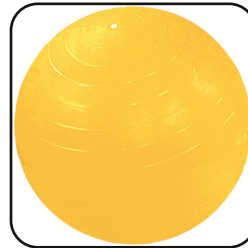
Using the lovely duplex foam rollers we provide the equipment so booking is essential!



**20 June, 17 Oct 2017 & 20 Feb 2018**

**\*FREE\***

## **FREE Pilates on the Big Balls**



**18 April, 15 Aug & 12 Dec 2017**

**\*FREE\***

These are the large balls that are so much fun! They can aid some exercises helping you and in others add another element of challenge. The workshop introduces you to this piece of equipment so you can see how Pilates on the Big Balls is done!

All our teachers are certified and verified to teach Pilates at Level 3 Diploma Mat Pilates and successfully completed:

- Pilates for Common Orthopaedic Conditions
- Advanced Biomechanics for Pilates (REPs approved courses).

We are also 2 of the 30,000 REPs members UK.

**NO Oligation to Join Classes**



Regular Classes in St. James Scarborough,  
Filey, Hunmanby, Brompton & Muston  
\*Other Terms & Conditions Apply\*

