



Core Fusion Pilates

SWANSEA TOWN HALL

(95 Lavinia Ave, Bloor West Village)

THURSDAY MORNINGS 9:30 am – 10:30 am

September 15 – December 8

12 week session \$190

What is Core Fusion Pilates?

Core Fusion Pilates combines Pilates, Plyometrics and Yoga. We build on basic Pilates principles and take abdominal work, toning, strengthening and stretching to a deeper intensity.

Open to all levels as modifications are offered to adjust for level/injuries etc. Bring your own mat and water! Small props provided.

- * Lose inches
- * Improve posture
- * Develop core strength
- * Reduce back pain
- * Feel stronger and leaner

REGISTER TODAY (space limited)

Call: Nikki at 289-242-5609

Email: nikkibergen@gmail.com

www.gracecorpstudio.com

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