



# Core Fusion Pilates

## SWANSEA TOWN HALL

(95 Lavinia Ave, Bloor West Village)

**THURSDAY MORNINGS 9:30 am – 10:30 am**

January 19 – March 8

8 week session \$130

### 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](mailto:nikkibergen@gmail.com)**

**[www.gracecorpsstudio.com](http://www.gracecorpsstudio.com)**

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