

Pilates on the Reformer



Beginning March 2, 2010!

Whether you are fit or not.....

Pilates is for you!

Pilates on the Reformer is a non impact
and effective form of exercise.

Plus.....it is **fun and energizing!**

Group classes run 1 per week for 5 weeks

Cost\$150.00

Private classes also available



Join us!

403 -256 -2655



Visit us at www.sunparkpilates.com
or email sunparkpilates@gmail.com

Located in.....**Sunpark Spa and Wellness Centre**