



## **MATWORK PILATES Course**

**Thursday 18<sup>th</sup> February to Sunday 28<sup>th</sup> March 2010**



Join **Dave Margison** from **Workout** as he brings you an intensive 6 week course, teaching you the Pilates technique from novice to intermediate level.

- Learn the Pilates method
- Create a leaner, stronger body
- Reconstruct your core
- Minimize back pain
- Develop an exceptional posture
- Build a workbook of exercises so you can do your own Pilates workout at home or in the gym
- Understand how Pilates works for you

**The course consists of 2 sessions per week,  
Thursdays at 7.45pm and Sundays at 5.45pm.**

**Each session is 60 minutes in duration.**

All classes will be held in the Aerobics Studio at the Olympic Fitness Centre,  
77 Broadway, Newmarket.

The cost for this fantastic opportunity is only \$240 + GST,  
a total of \$270 for the entire 6 week course.

To register for the Matwork Pilates course, please email your details to  
[dave@workout.co.nz](mailto:dave@workout.co.nz) or to find out more visit [www.workout.co.nz](http://www.workout.co.nz)

**Registrations close on Tuesday 16<sup>th</sup> February 2010**