



PILATES CLASS

Pilates is a form of exercise with an emphasis on core strength which creates a foundation for greater total body fitness and overall well-being.

This mat pilates class will focus on core stability, posture, proper breath control and flexibility. This class is offered two times per week.

Rasha Shaya

SUNDAYS	7:00PM
WEDNESDAYS	12:00PM

Erin Butler -Starting 4th January-

WEDNESDAYS	5:00PM
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1 Pass	15KD
4 Passes	55KD
6 Passes	75KD
8 Passes	85KD



Erin Butler
 Physiotherapist

Who can attend this class?

- ✓ Female
- ✓ Adults
- ✓ Core strengthening
- ✓ General strengthening
- ✓ Osteoporosis
- ✓ Beginners welcomed

Reserve your class
95502801



For more information
 visit our website
www.fshnkuwait.org

