



## 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**  
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](http://www.fshnkuwait.org)







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**Erin Butler**  
Senior Physiotherapist

### Who can attend this class?

- ✓ Women only
- ✓ Adults
- ✓ If you want to strengthen core and entire body
- ✓ If you have Osteoporosis
- ✓ Beginners are welcomed

Reserve your class

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