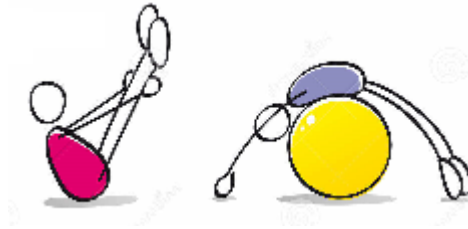


Pilates

Classes available in Devon Valley



Whether you cycle, run, play golf or tennis, or are a new mom, the chances are that you have heard someone talking about the benefits of Pilates.

Pilates appeals to many different types of people, at many levels of fitness. Not only does it improve core strength, flexibility, posture, range of motion, but also improves your general awareness of how you move in everyday life and sport, and in turn decreases pain in joints, back and neck ...

Classes at Glen Mira Farm

Limited number of spaces available

Contact Sam on 082-852-3652 or sam@glenmira.co.za
for further details