

Pilates

at Greystones Yoga Studio
with Ciara O'Halloran

Get in shape for Christmas with new 6 week courses
starting Tuesday 2nd & Thursday 4th November!

About Pilates

Practising Pilates regularly developing core strength, creating long, strong muscles and a leaner look; Pilates improves muscle tone, enhances flexibility, supports beautiful posture, and teaches you to move with ease and grace, making you look and feel very fit.

About Ciara

Ciara completed levels 1 and 2 in the National Certificate in Exercise and Fitness in 2002. She has worked as a personal trainer, freelance Pilates instructor and Swedish massage therapist, and certified with the Progressive Pilates Academy [Bodyfirm]. Combining her knowledge of anatomy, physiology, massage and sports training, Ciara's style of teaching is relaxed, creative, safe and effective, with plenty of individual attention. Her aim is to help students develop strength, flexibility, correct body alignment, body awareness and ease of movement.

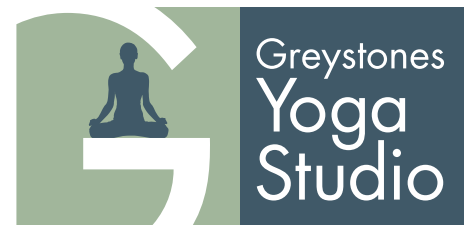


Cost: €90 x 6 weeks

(Note: a missed class can be made up with any other Pilates or Yoga class through the week at Greystones Yoga Studio)

Level 2	(Beginners/improvers)	Tue 10am - 11am
Level 1	(Beginners)	Thur 6pm - 7pm
Level 2/3	(Improvers/Intermediate)	Thur 7:15pm - 8:15pm

Book now on 086 8542741
or email info@greystonesyoga.ie



Hillside Rd, Greystones, Co. Wicklow | www.greystonesyoga.ie