



## PILATES COURSE

*Janelle is renowned as one of the best PT's in town and now she has added Pilates to her already extensive qualifications.*

If there's one exercise style that has taken the fitness world by storm in the last few years it's Pilates. Everyone is doing it — from dancers to footballers — and the benefits are said to be as much mental as they are physical.

This course will teach all the basic Pilates techniques, which essentially involving training your muscles to improve posture and alignment. By focusing on your core strength, you enhance the little muscles in the body so you're better able to support the larger ligaments, tendons and joints.

**Pilates is suitable for males or females of all ages and** will give you more of a holistic result than most other exercises programs. It will make you focus on your breathing which is great for improving circulation and relieving stress. It's a fantastic way to balance out your health and wellbeing.

**Course Code 04/10** 27th January through to 3rd March 2010

**Wednesday  
at 9:00am**

**Course Code 05/10** 30th January through to 6th March 2010

**Saturday  
at 8:00am**

**Course Cost:** \$110

**Course Details:** One session per week  
Six week course  
Limited numbers per course (10 people max)

*Add Pilates to your  
program today!!!*

*For more information on this course please contact Janelle Kleeman on  
Mob: 0409 146 775 or E-mail: [janelle@fightingfit.net.au](mailto:janelle@fightingfit.net.au)*



*Improve Posture*

*Tone Your Body*

*Look and Feel Fabulous*

