

# Pilates with Viv & Faye

Pilates is great for strengthening and toning with a focus on your core and for increasing your flexibility and balance. Pilates involves precise moves and specific breathing techniques. You'll get stronger, more sculpted muscles and gain flexibility. You may also have better posture and a better sense of well-being.

**Viv - 8:15am** on Wednesdays 1hr class

**Faye - 8am** on Fridays 45 mins class

**VENUE: Waihi Beach R.S.A. Dance Floor**

**COST:** \$10/class

**REQUIREMENTS:** Mat, weights, ball & band

**CONTACT:** Mel at the RSA - [manager@wbrsa.co.nz](mailto:manager@wbrsa.co.nz)

