

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 1hr 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

