



PILATES FOR TEENS

Tuesdays

Term 3 - Starting 23 July

4 PM - 5 PM

Booking Essential

Titirangi Community House

500 South Titirangi Road

\$145 (for 10 weeks) \$15 per session

Contact Julie @ 027 372 6218

studio@valleyviewpilates.co.nz

This class suits teens 12+, all fitness and abilities are welcome.

Julie mixes mindful low-impact postural exercises with classic dynamic Pilates exercises to encourage strength and flexibility, influenced by yoga and Qi Gong.

Pilates can help to combat tech neck and relieve chronic pain. If you're mad about sports. Pilates is complementary to high-impact movements, such as hockey, gymnastics, swimming, football, rugby, and tennis.