



Pilates helps you learn to better control your posture and alignment. Your body will become safer and more efficient in its movement.

SUMMER PILATES

Thursday 12:20-1:20pm (6-week program)

July 22nd – August 26th 2010

Early Bird Price \$36 + GST before July 12th

\$48 + GST after

Sign Up today, tomorrow, or the next day
at Reception Desk.

For any further information, please contact Annie Hird

annie.hird@wcpfitness.ab.ca 403-662-2243

