



New Life Pilates

Get your body into great shape!

Muscle Toning – Improve Sporting Capability

Injury Rehabilitation – Pre and Post-Natal Exercises

Core Strengthening – Weight Loss – General Wellbeing

Get yourself into great shape with the Pilates method by one of South Africa's leading Stott Pilates' trained instructors.

What is Pilates?

"Pilates is a form of exercise, developed by Joseph Pilates, which emphasizes the balanced development of the body through core strength, flexibility, and awareness in order to support efficient, graceful movement." - Marguerite Ogle (About.com)

One of the best things about Pilates is that it works so well for a wide range of people. Athletes and dancers love it, as do seniors, women rebounding from pregnancy, and people who are at various stages of physical rehabilitation. International movie actors and actresses use it to look in great shape for their movie roles.

Call Gail now on **079 898 7920** for your free consult.

PS: New Life Pilates is based in **Bedfordview**, Johannesburg.

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www.newlifepilates.co.za