



New Life Pilates

Do any of these apply to you?

- Stressed
- Out of shape
- Sports injury
- Back pain or injury
- Want to get toned
- Want to get great abs
- Want to get strong with lean muscles
- You are a sports person, but you want to:
 - Improve performance
 - Prevent injury
 - Play longer than the normal age for that sport
- Pre and post pregnancy – keep or get that great shape you want

*"I must be right. Never
an aspirin. Never
injured a day in my life.
The whole country, the
whole world, should be
doing my exercises.
They'd be happier."*

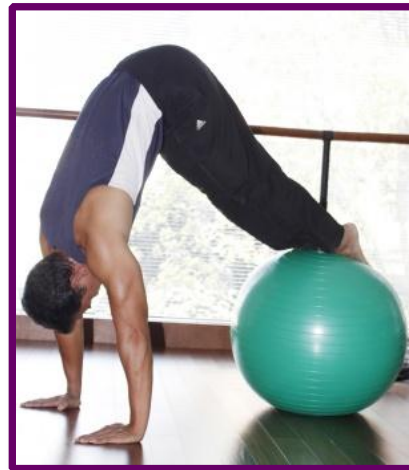
Joseph Pilates at age 86

The answer is: Pilates

Did you know?

Ryan Giggs (Manchester United), Tom Cruise, Miley Cyrus, Tiger Woods plus many gold medal Olympic athletes are all using Pilates either in cross training or as their primary training method.

Find who else is using Pilates on our website!



Men and women of all ages partake in the Pilates method of exercise because it *works!*

To find out more, go to www.newlifepilates.co.za today
or, simply call Gail on 079 898 7920

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