



TSAWWASSEN WELLNESS CENTRE

PILATES FOR CYCLISTS



Whether you're a roadie, or a dirt lovin' mountain biker, recreational or competitive, Pilates will help you ride smoother, pedal longer & avoid injury.

- As a cyclist, having better core strength and stability can lead to improved performance on the bike.
- If your core is stable, your body can devote most of its energy and power into your legs.
- Pilates helps to gain greater range of motion and health in your shoulders, arms and torso.
- Minimize energy expenditure, reduce back strain and experience a more comfortable ride.

**Enjoy Pilates at the TWC.
Your Pilates & Sports Conditioning Experts.**

CALL OR STOP BY FOR MORE INFORMATION.



**5514—12th Ave, Tsawwassen, BC
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