



TSAWWASSEN WELLNESS CENTRE

Pilates for Runners



Run faster, longer, and taller with less chance of injury....

"I was surprised to find that my strides were longer, and my legs were no longer made out of un-bendable steel!

Most noticeably though is my posture while running. I don't hunch anymore, pounding the ground with every step. Instead my hips are open, I'm taller, and my movements are smoother."

Sandra D., Client since 2004



Integrating Pilates into your current running program can give you that extra edge! Pilates for Runners is specifically designed to enhance the biomechanics of the runner, increase flexibility, build strength and help reduce the risk for common injuries associated with running.

By combining the benefits that running offers to those of Pilates, you are sure to have a well-rounded and complete fitness program.

These are just a few of the benefits of Pilates:

- Greater strength and muscle tone
- Improves performance during physical activities
- More efficient respiratory and circulatory systems
- Better posture
- A flatter stomach and trimmer waist
- Improved flexibility
- Less incidence of injury and back pain
- Increased joint mobility
- Stress and tension relief
- Heightens concentration and mental focus

SPECIAL OFFER:
Create your own group of 4 people and save 10% off your registration!
(that's a FREE Class!)

One on One, Duet and Group instruction available. Call to begin anytime or arrange your own group of 4 and each person will receive 1 class FREE!

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