



FREE PILATES



Whether you are super-fit, semi-fit, or soon-to-be-fit, discover **GREAT PILATES** at the **Tsawwassen Wellness Centre!**

"6 Years now and I know this is the BEST thing I've ever done for my body! I know it will carry me through many, many very active senior years. Thanks TWC you're fantastic!"

Audrey C. (client since 2004)

An Energizing Form of Exercise that:

- Strengthens and retrains your core
- Reduces injury or stress-induced aches and pains
- Improves back health from imbalances and injury
- Gives strong, supple, well-toned muscles
- Improves ease of postural stress through better alignment



SIGN UP FOR A FREE PILATES CLASS TODAY!

PILATES FOR MEN, WOMEN & ATHLETES

- Tuesday September 7—6:30-7:30 pm
- Sunday September 12th—11:00 am

PILATES FOR 60+

- Wednesday September 8th —11:30 am

* Maximum of 4 clients/class * Maximum of 1 class per person

Book your spot today! 604.943.8823

*** Inquire about Pilates for the:**

Equestrian, Runner, Cyclist, Golfer & Men's Nights



"The knowledge and experience of the instructors at the TWC is what makes the difference to getting results. Upon starting at the TWC, I noticed improved flexibility and posture, reduced pain from tight muscles resulting in an improved and pain free golf game. Their personalized instruction and attention to detail allowed me to achieve my goals while enjoying the social aspect of being in a class with only 3 other people."

Barb G. (client since 2005)

DELIVERING RESULTS SINCE 2001.

Tsawwassen Wellness Centre

5514 12th Ave, Tsw.

604.943.8823 • www.twconline.ca