



# ENERGIZE YOUR LIFE! TRANSFORM YOUR BODY! JUMPSTART PACKAGE



**SORE BACK? WEAK CORE? TIGHT MUSCLES?**

**START WITH OUR JUMPSTART PROGRAM AND SAVE!**

- 3 Private Pilates Sessions
- 3 Total Body Vibration Sessions
- 1 Postural & Body Composition Assessment



**ONLY \$179!**

**Call today. Offer valid until Feb 15th!**

## PILATES FOR MEN, WOMEN & ATHLETES



- Relief from back & joint pain
  - Overall fitness, core strength & flexibility
  - Improved performance in sport—runners, swimmers, golf, equestrians
- Early morning, daytime & evening classes  
Monday thru Saturday.**

*“Helping clients get the lean healthy body they want so they can enjoy a better, richer, more rewarding life!” Linda Mallard, Owner TWC.*

**PILATES ● FITNESS ● NUTRITION ● BACK HEALTH**

**TSAWWASSEN WELLNESS CENTRE**

5514—12TH Ave, Tsawwassen (beside Panago Pizza)

604.943.8823 ● [www.twconline.ca](http://www.twconline.ca)