



GET THE 6 PACK YOU'VE ALWAYS WANTED!

MEN'S NIGHT AT TWC!

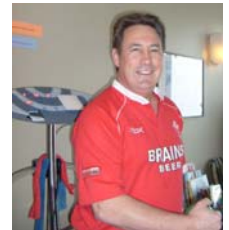


Lose the Back Pain, increase core strength, flexibility and get in great shape for your sport or daily activities.

"Pilates at the TWC has kept me and my team in the game! Increasing flexibility & both core & overall strength, keeps my team winning & injury free!"

Andrew Harvey, Semiahmoo Old Boys Rugby/ Owner Pacific Advertising

(The Semiahmoo Old Boys Rugby team can be found at the TWC doing Pilates every Thursday night at 6:30pm)



REGISTER NOW FOR JANUARY!

CLASS SCHEDULE

1. Tuesdays—5:30 pm—Pilates for Men (maximum of 4 men/class)
2. Tuesdays—6:30 pm—Cardio-core + Pilates for Men (maximum of 6 men/class)
3. Thursdays—6:30 pm—Cardio-core + Pilates for Men (maximum of 6 men/class)

Classes start the week of January 4th. Register today.

Private instruction—start anytime.

CALL TODAY! 604.943.8823.

Athletes who swear by Pilates:

David Beckham-Pro Soccer; David Duvall, Seve Ballesteros-PGA Pro, Ruben Brown-Chicago Bears; Jason Kidd-Dallas Mavericks; Curt Schilling-Boston Red Sox pitcher; Mike Hercus-USA Eagles Rugby

TSAWWASSEN WELLNESS CENTRE

5514 — 12th Ave, Tsawwassen, BC (beside Panago Pizza)

604.943.8823 • www.twconline.ca