



PILATES ON THE REBOUNDER

MONDAY'S 8:30 AM – 9.00 AM



Pilates On the Rebounder includes All of the 34 Original Exercises from Joesph Pilates, and some new progressions!. This class combines all the health benefits of rebounding with the core strengthening benefits of Pilates. It's Suitable for all levels of fitness.

In a nutshell it's two classes in one. A cardiovascular, fat busting workout that focuses on: alignment, posture, balance, strength and agility, and its lots of fun.

Places are restricted to twelve, so sign up early to avoid disappointment.

To sign up please register at www.thehungrymind.nl. Further for information contact activities@thehungrymind.nl