

Under pressure...



workout@workday

Stay healthy and happy at work with advice from the Chartered Society of Physiotherapy

Work Out At Work Pilates sessions

Friday June 6th 2014



session 1

Before work

7.45- 8.30 am

Come along before work with your work mates and get a great start to the day (10 places so book as soon as possible)

Session 2

Morning break

10.45- 11.25am

Instead of a coffee why not come along and have a short relaxing introduction to pilates to set you up for the day, (10 places so book as soon as possible)

Session 3

Early Lunch time

12.00- 12.30pm

Why not come along and use your lunch time to find out how pilates can benefit you at work. (10 places so book as soon as possible)

session 4

Late lunch time

12.45- 1.15pm

Why not come along and use your lunch time to find out how pilates can benefit you at work. (10 places so book as soon as possible)

session 5

After work

5.45-6.15pm

Set yourself up for a great week end and learn how to set your core and learn to relax (10 places so book as soon as possible)

venue- Unit 3 City West Business park, Meadowfield

www.pilatesbyphysiotherapy.com

Tel: 07814776047