

# **PILATES MATWORK CLASSES**

**Tuition that lifts, lengthen and energises**

**Beginners to Advanced in Central London  
EC1 and NW1**

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## **Classes & Courses**

**Taster class £15**

**Continuing for 2010:  
the Pilates Dip  
One month course to  
stretch you out and  
charge your batteries  
£48 for 4 classes**

**Beginners' course £101 for 10 classes**

**to find out more**

**[www.pilatesbodyawareness.co.uk](http://www.pilatesbodyawareness.co.uk)  
REAL PILATES AT A PRICE PEOPLE CAN AFFORD**