



# PILATES BODY AWARENESS est 1987

*@ Academy • Mews • Dance • Studios  
15 Pratt Mews Camden NW1 0AD*

NEW for the Autumn 2018 Term 1 Oct--9 Dec

**• FITNESS TRAINING • AEROBIC PILATES •**

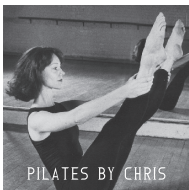
**Thursdays 7.30--8.30pm  
£10 (£5 members of PBA)**

- DROP IN OPEN CLASS •
  - MATS AVAILABLE AT RECEPTION •
- Please bring a long scarf.

**Taught by Pilates expert Chris Hocking,  
PBA Director.**

•Faster aerobic Pilates has always been a part of PBA training and this full drop-in open class is taught in accordance with the spirit of precision, anatomical insight and fitness routines prevalent in the original work of Joseph Pilates. Chris will choose material from the wider PBA Structural Fitness Syllabus suitable for a faster aerobic workout.

ENJOY THE BUZZ !! and healthier muscles. •



**GO HOME FEELING  
TALLER, LIGHTER  
& BRIGHTER**

For PBA Structural Fitness Training,  
graded Matwork, Levels 1--5, see  
[www.pilatesbodyawareness.co.uk](http://www.pilatesbodyawareness.co.uk)  
or text 07881 494212