



Pilates to Pliés

WITH MARDI GANNON

Join Mardi Gannon for Pilates to Pliés a workshop that features a combination of movements inspired by Pilates Reformer, Mat and Barre that enhances flexibility, improves balance and challenges the core.

Founded in Pilates, ballet and dance fitness, this 90 minute workout is high-intensity yet low-impact and will leave every muscle feeling chiselled and defined, while daring you to find your shake zone. Suitable for people of all fitness levels. No dance background required.



KIRRAWEE | 12-2PM SATURDAY 12 JUNE 2021



MEMBERS FREE | **NON MEMBERS \$45**



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For info and bookings go to **bodymindlife.com**