

fluidmotionpilates

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member of The Body Control  
Pilates Association and the  
Register of Exercise Professionals



Want your body to be stronger, longer, leaner and more supple? Want to ease back or joint pain and have better posture? Do you want a flatter stomach, reduced stress levels and a boosted immune system?

Then Pilates could be for you...

## **BODY CONTROL PILATES CLASSES**

@ Sidings Community Centre

150 Brassey Road, London NW6 2BA (*on-site parking available*)

Tuesdays      **7.15 - 8.15 pm** • Beginner class  
                     **8.30 - 9.30 pm** • Intermediate class

To aid good progression and the teaching of good movement skills step-by-step, classes are booked and paid for in 6 week blocks

£48 (full rate) / £24 (concession) per 6 week block  
payable in advance of the first class

**AUTUMN CLASSES BEGIN 1st SEPTEMBER 2009**  
**Places are limited so hurry to book yours now!**

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