

The Core

PILATES &
REHABILITATION

www.thecorepilates.co.uk

SAVE 10%
ON YOUR FIRST CLASS
WITH THIS FLYER*



Pilates for Runners · Mat Sessions · Pregnancy Pilates · Postnatal Pilates · 1-1 Private Sessions · Small Classes · Spine Rehab · Reflexology · Pilates for Beginners · Advanced Equipment Classes · Pilates for Runners · Mat Sessions · Pregnancy Pilates · Postnatal Pilates · 1-1 Private Sessions · Small Classes · Spine Rehab · Reflexology · Pilates for Beginners · Advanced Equipment Classes · Pilates for Runners · Mat Sessions · Pregnancy Pilates · Postnatal Pilates · 1-1 Private Sessions · Small Classes · Spine Rehab · Reflexology · Pilates for Beginners · Advanced Equipment Classes · Pilates for Runners

Welcome to The Core Pilates & Rehabilitation studio in Welwyn Garden

If you've always been curious to try Pilates, would like to restart after a break, or have been a regular for years, we'd like to welcome you into our classes.

I'm Slim Tlili, instructor and owner of the studio and together with Judy Bunney, we run small, friendly equipment and mat classes for people of all abilities.

We specialise in:

- ✓ Pilates for Runners
- ✓ Pregnancy and Postnatal Classes
- ✓ Spinal Rehabilitation / Disc Problems
- ✓ Pre and Post Hip Replacement Surgery
- ✓ Improved Posture and Flexibility

Every new client gets a FREE 1-1 session so that a full history and flexibility assessment can be made. Once we understand your requirements, get 10% OFF* your first Pilates class with this leaflet.

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*Offer valid until 01/12/16. Limited to one discount per client. Only valid when booking your first class, discount does not apply to block bookings.