

Learning to move your body creatively building muscle strength, flexibility and improve concentration and posture



Pilates

ALL AGES WELCOME!

WHY KIDS PILATES?

Kids Pilates is a simple, structured program, effective in motivating self awareness and confidence in children.

Helps reducing hyperactivity and improves concentration.

Regulates emotions, teaching children to deal with everyday situations through breathing techniques.

Improves muscle strength, balance, posture and coordination.

CLASS TIMES AND PRICES

VENUE:

19 Stonehedge Crescent
BEVERLEY GROVE

Please contact Elmarie for more information on times and prices

WHO TO CONTACT

ELMARIE NEL is a qualified Pre-primary school teacher with a certificate in Group fitness training. She has over 12 years experience in the fitness industry.



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