



workouts can be fun

Achieve the toned and slim body that you yearn for in an enjoyable way.

Pilates helps to enhance flexibility and coordination, build strength and endurance as well as improve posture and balance. Its principles such as breathing, concentration and centering are also believed to bring health benefits to the body when applied in daily life.

Experience Pilates for yourself at the PowerMoves Pilates-in-the-Park Workshop. Trained instructors from PowerMoves will equip you with the techniques while you enjoy the serenity of Bishan Park. Come in your most comfortable workout gear and socks.

Check out www.powermoves.com.sg for more information.

Date: July 25, Saturday, 2009

Time: 2.30-5.30pm

Venue: Garden Studio at Bishan Park II

Price: \$70

WIN! A Pilates-in-the-Park Workshop session worth \$70.

To register, call 6455-2221 or e-mail info@powermoves.com.sg by July 18, 2009. Limited to the first 60 registrations.