

Core Education

Heather Thomas Shalabi

Wednesday 16 March 2016

2pm- 3:30pm



**Grunting,
pushing and
crunching your way through
your workouts and STILL not
getting the results you're looking for?**

DESPITE PROMISES THAT PILATES will make your stomach flatter and stronger, it simply won't unless you are performing exercises correctly. In this workshop, Heather breaks down Pilates' original teachings in Contrology, to unlock the simple secrets for flatter, stronger stomach muscles and a lengthened trim waistline- you may even start to LOVE 100's! As an added bonus, you'll also learn to correctly work your glute muscles and release shoulder tension. This is 90 minutes you can't afford to miss.

Open to all levels. Some Pilates experience helpful but not required.

Sign up for two workshops and receive 10% off!

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