

EDUCATION

FlexWORKSHOPS

CORE

BOOK ANY 2
WORKSHOPS FOR
10% DISCOUNT

Grunting, pushing and crunching your way through your workouts and still not getting the results you are after?

BY KARIN UBBIALI

Despite promises that Pilates will make your stomach flatter and stronger, it simply won't unless you are performing exercises correctly. In this workshop, we break down Pilates' original teachings in controllogy, 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.

Book now at info@flexhk.com

CENTRAL SUN 25 SEPT 3.45 - 5.15 PM