

KNEE + ANKLE CLINIC

FOR SKIERS



BOOK ANY 2  
WORKSHOPS FOR  
10% DISCOUNT

90 MINS ON ALLEGRO + MAT

BY MEGAN FARRUGIA

Ski season is right around the corner, and no doubt you're looking forward to hitting the slopes. With most of our lives based in steamy HK, it can be a challenge to prepare the body for perfect powder. Fortunately, Pilates and conditioning drills combined make for an effective preparation tool.

This workshop will teach you the MOST effective exercises to strengthen and align the knees, and increase ankle mobility - two of the most important, yet vulnerable parts of the body to prep for skiing.

**Suitable for all levels of fitness, as well as those new to Pilates.**

Book now at [info@flexhk.com](mailto:info@flexhk.com)

CENTRAL FRI 21 OCT 7.30-9PM