



# PILATES STUDIO KILDARE

## Keep Strong & Healthy

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### March 2017 Spring 5-week Term

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Date	March 6 <sup>th</sup>	March 7 <sup>th</sup>	March 8 <sup>th</sup>	March 9 <sup>th</sup>	March 10 <sup>th</sup>	March 11 <sup>th</sup>
9:00 am	Private Pilates	Private Pilates	Private Pilates	Private Pilates	Private Pilates	
10:15 am	Mat Foundation	Reformer Level 1	Mat Level 2	Reformer Level 2	Reformer Level 1/2	10am Reformer Level 1
11:30 am	Private Pilates	Private Pilates	Private Pilates	Private Pilates	Private Pilates	11:30-15:00 Private Pilates
12:30 pm	Private Pilates	Private Pilates	Private Pilates	Private Pilates	Private Pilates	
6:00 pm	Reformer Foundation	Mat Level 1	Mat Level 1	Reformer Level 1/2	Pre-Natal Reformer	
7:15 pm	Reformer Level 2	Men Class Mat	Mat Level 2/3	Reformer Level 3	Reformer Level 1/2	
8:30 pm	Reformer Level 1	Mat Level 2	Mat Level 3	Men Class Reformer	Reformer Foundation	

**Pilates is** a unique exercise system focusing on control, body-alignment, posture, strength, mobility and breath for better movement to keep you healthy.

**We believe** Pilates has everything you need (and more) to help you restore and build a supple & resilient body able to easily and freely move through all stages of life.

**Our Studio** is a dedicated Pilates Studio with the best Pilates equipment and a personal, hands-on approach.

**We're here to make you feel better, stronger and healthier in your body.**

**We look forward to welcoming you to our Studio.**



**Small Groups of Only 6 Participants!**

**More Individual Attention**  
 Using the best Pilates equipment:

**Gratz Pilates Mats**  
 Longer and padded mats including Foot-Straps and Hand-Dowels.

**Pilates Allegro® Reformers**  
 Smooth and quiet ride with an extra-wide, padded footbar. Our Allegros can adjust to any body size and fitness level.