



Fitness Plus

WOMEN'S WELLNESS & TANNING CENTER



WHY PILATES and YOGA?

Yoga and Pilates are the two most popular mind/body disciplines performed in group settings.

They can be performed on the floor and are often seen together in the holistic 'mind-body' section of the exercise world. Both promise to be a mental and physical panacea.

You Will:

- **Build strength without bulk**
- **Develop well-toned yet flexible muscles**
- **Stretch, streamline, and sculpt your body**
- **Improve you posture to stand taller and look leaner**
- **Eliminate back and neck pain and prevent re-injury**
- **Rehabilitate and injury or ease chronic pain**
- **Increase mind-body awareness and coordination**
- **Reduce tension, stress and fatigue**
- **Breathe better to enhance your health on every level**

No matter what age or level of fitness, everyone can reap the benefits offered by Pilates and Yoga. Unlike most fitness fads, these disciplines are multidimensional, lifelong methods that integrate seamlessly into your daily activities, teaching you to move with less effort, breathe more deeply and most importantly, feel better.

Discover fitness in a whole new way

Register today for the next session of Pilates/Yoga

Maximum Number of Participants: 8

Cost to Members: \$99

Cost to Non-Members: \$129

(For 8 classes)

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