



## Welcome to this year's ENERGIIZING PILATES WORKOUTS

Stress, unbalanced nutrition and a lack of physical activity in modern work places often lead to bad posture, weight problems or pain, for example in our neck, shoulders or lower back.

**PILATES** is a soft & efficient training method that can help to control these problems!

Many people believe that **PILATES** is just an ordinary gym training , but according to **Joseph Pilates**, founder of the Pilates training method, there is much more to it than that:

**PILATES** strives for a good posture by strengthening our stabilizing muscles, our mobility, our balance and our awareness for the entire body. It combines exercising with correct breathing, full concentration and maximum control & precision during the workout.

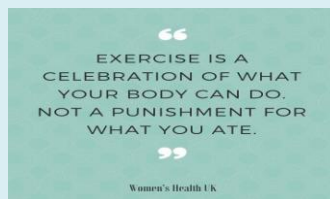


"In Pilates it is the **quality**, not the **quantity** of an exercise that counts!"



The ENERGIIZING PILATES WORKOUTS are designed for newcomers & pilates fans of a basic to intermediate level. We work with a great variety of exercises that can be done on a simple gym mat and do not require additional equipment. Workouts are offered twice weekly .

**Come and check it out!**



**Duration:** September 2018 – June 2019

**Schedule:** Mondays & Wednesdays from 9am to 10am (starting 24 September)

**Location:** MWC, Ulica "Alzirska" bb (at the corner New Dehli Road), Karposh

**Contact:** Stefanie phone: 070 397875 e-mail: stmaringer@hotmail.com

**Price:** A support fee for the Macedonian Welcome Center of MKD 500/month is requested. Instead of a fee for the workouts, a donation of 300 MKD/month to the 'LITTLE ROSE CENTRE' in Soweto/South Africa is being asked for!



Please find more information at:

<http://www.littlerosecentre.com/>