



***Are you interested in  
learning Pilates?***

***GRSM Pilates offers an easy way to get started!***

**Quick Start Program \$140.00+HST**

- ★ Includes: 2 one-hour semi-private sessions in the studio with an instructor AND a pass for 5 group classes!
- ★ It's easy to get started...just email [pilates@grsm.ca](mailto:pilates@grsm.ca) to set up your first intro session and we'll take care of the rest!

**Achieve your Goals with GRSM Pilates!**

***Target:*** Posture, Flexibility, Strength

***Recover:*** Stabiity, Control, Movement

***Enhance:*** Performance, Awareness, Balance

**Questions?:** Email [pilates@grsm.ca](mailto:pilates@grsm.ca)

**Reminders....**

- GRSM Pilates is located at 135 George Street, across from Dickson Park.
- Please bring a small towel to every class.
- If you will be absent from your class, please email [pilates@grsm.ca](mailto:pilates@grsm.ca) or call 519-622-4529.
- For Flexpasses, please email [pilates@grsm.ca](mailto:pilates@grsm.ca) to reserve a spot in your desired class.