

FUSION PILATES

Build strength and overall fitness

8 Session course: **£96**

Pro-rata reduction of £15 per session
if there are places, after the programme starts.

£89

*if paid in full
by 23rd Sept*

Build core strength, stability and fitness.

ETHOS



INTELLIGENT EXERCISE

Develop and build
muscles alongside
supporting postural
strength



FITNESS FOR LIFE

Strength, fitness and
balance that supports
a healthy life



EVIDENCE-BASED PRACTICE

Combine proven
Pilates principles with
progressive strength
training

WHEN AND WHERE?



Thursdays 7pm - 8pm



Sept 24 · Oct 1, 8, 15

Nov 12, 19 · Dec 3, 10



East Bridgford Village Hall



Maximum: 12 people

OUR AIMS ...



To build your
strength



To strengthen
your core



To improve your
everyday life

**FREE TASTER CLASS:
THURSDAY 17TH SEPT**

Scan Here

Scan to book your
taster class today!



WHY FUSION PILATES?

Why choose between Pilates and strength training when the evidence suggests they work best together?

We have introduced progressive resistance training into advanced Pilates classes, using dumbbells and various resistance equipment to build strength while maintaining the Pilates focus on good posture and core strength.

Pilates teaches your body how to move correctly. Progressive resistance training gives it the strength to keep moving well for life. Fusion Pilates brings those two disciplines together in one intelligent, progressive programme.

BOOK YOUR FREE TASTER SESSION TODAY!
BOOKING ESSENTIAL

✉ info@rbsportdevelopment.com
🌐 rbsportdevelopment.com/fusion