

New class...

INTERMEDIATE & ADVANCED PILATES

Feel like pushing yourself a bit harder? Not sure if you are ready for advanced work? Find the 'same old' a bit boring?

In this class you will be guided and encouraged to work at your optimal level, and each exercise will be modified to challenge different abilities, so you are always just on the edge of your comfort zone!

No two classes are ever the same and no endless repetitions!

"Dana is an outstanding Pilates instructor. Her classes are always varied and challenging. She is encouraging while gently correcting participants to ensure that her classes are 100% safe. Dana is up to the minute on recent trends and research in the field and integrates her knowledge in continually developing the exercises and technique. She creates a warm relaxed non-competitive atmosphere in which everyone feels able to work to their own level."

"I have attended Dana's classes for over five years, and, as a result, my posture is improved, I am less prone to aches and pains and injury, and I am generally stronger and fitter."

I have been to many pilates classes with many instructors. Dana's class is by far the best!"



**WEDNESDAY EVENINGS
7PM**

**Clarisa Ayllon Studio, Beauforts,
Englefield Green, TW20 0DW**

**£100 for 6 weeks
(PAID IN ADVANCE)**

Info/ Booking

Contact Dana directly via email
danabregman@gmail.com

or visit the website
www.danabregman.com