

HEALTH MATTERS



## Intro to Mat Pilates

with Health Matters'

Lori Walton

250.923.2828

healthmatters@uniserve.com

TUESDAYS 9AM

OR

TUESDAYS Noon

January 6 - February 17 (6 weeks)

(no class January 20<sup>th</sup>)

\$54 + GST (registration only, no drop-in)

*This 6-week class will teach you the basic principals of Mat Pilates, proper technique in beginner to intermediate mat exercises, and how to modify to your own level. This is a registration only class in order to keep all participants learning in progression. Each week you will review previous exercises and add to your repertoire.*

***Register now as both classes have a maximum of 8 participants.***

Classes will be held at Rehab in Motion's Quinsam Clinic  
1371 Greenwood Street, Campbell River

For more information about Lori Walton and Health Matters, search

[www.yourhealthmatters.ca](http://www.yourhealthmatters.ca)

To register, call Rehab in Motion at 250-286-9670