Curious about Pilates?

Try this 3 hour workshop and experience what remains the best full body functional movement workout around!

Feel the strength and freedom of your body with:

Reformer® - full body resistance training
Towelwork® - upper body
Barrework™ - lower body
Floorwork® - hips, spine, and everything!

Location: Pilates Space, 340 MacLaren St, Ottawa
Contact: Josee Filion - josee@cavemanstrong.com
Tyler Touchette - (613) 551-2751

Friday, May 12, 2017
1 - 4pm

$65 +HST

Teacher: Jacqueline Ethier, PMA®-CPT,
Owner of Pilates Space, Ottawa

PILATES SPACE
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