



**WINNIPEG
GYMNASTICS
CENTRE**

**171 SAMBORSKI
DRIVE**

**WINNIPEG, MB
R4G 0B3**

Starting January 11th

Wednesdays

7:15-8:15pm

Sundays

10:15-11:15am

**\$15/class or
\$135/10 classes**

PILATES CLASSES

TAUGHT BY: LORNA PANKRATZ

Our Stott Pilates classes will be taught by Lorna Pankratz, whom is a certified Stott Pilates and Resistance Training Fitness Instructor with experience in restorative Pilates, resistance, and group fitness, with a strong belief in quality of life regardless of abilities. She has been an instructor in Stott Pilates since 2015, certified by the Manitoba Fitness Council, and has been an active participant in the exercise since 2005.

Stott Pilates are designed to restore the natural curves of the spine and rebalance the muscles around the joints. Preparatory exercises and modifications allow the technique to be appropriate for many different body type and abilities, making it applicable to sport-specific training and everyday life.

If you have any questions or would like further information on these classes, you can call us at **204-475-9872** or email us at **info@winnipeggymnasticscentre.com**.

**OFF MCGILLIVARY
LEFT ONTO BRADY RD.
RIGHT ONTO VITRAN
DR.**

**LEFT ONTO
SAMBORSKI DR.**

