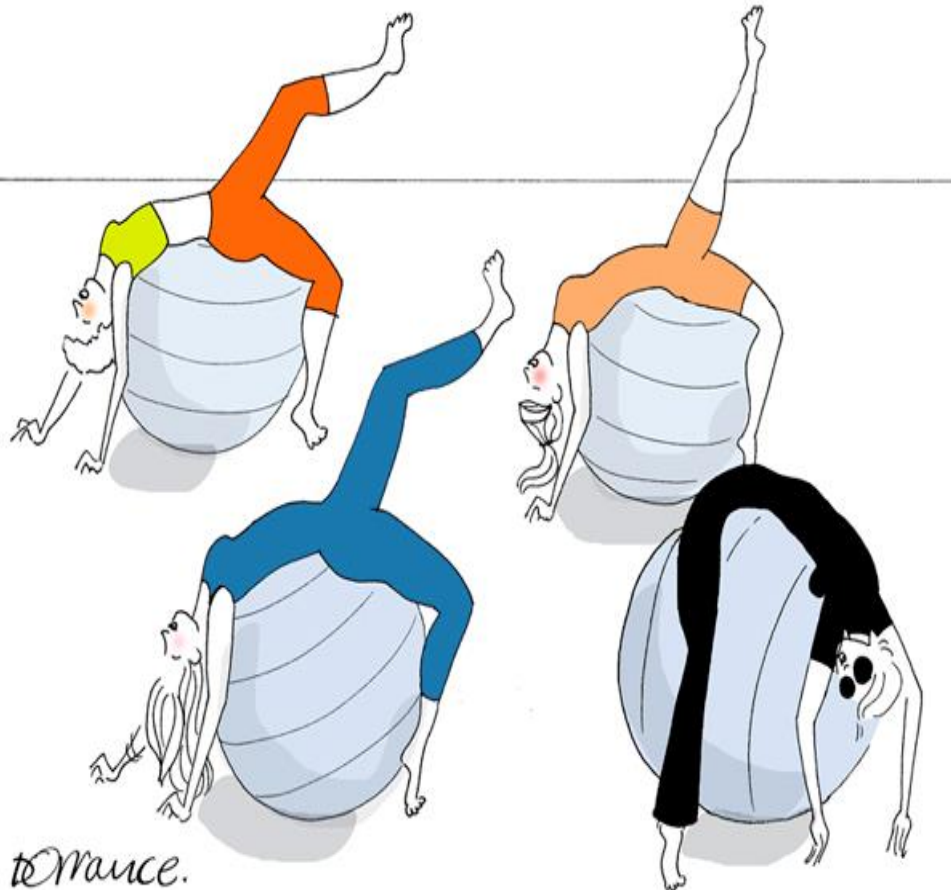


**WINNIPEG  
GYMNASTICS  
CENTRE**



# 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](mailto:info@winnipeggymnasticscentre.com)**.

**102-171 SAMBORSKI  
DRIVE**

**WINNIPEG, MB  
R4G 0B3**

Classes Begin  
October 15<sup>th</sup>, 2017

Sundays

**10:15-11:15am**

**\$10/drop-in or  
\$85/10 classes**

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

**LEFT ONTO  
SAMBORSKI DR.**

