



# Pilates for Golfers & More

This 6 week series is not just for golfers but a combination of exercises to improve your abdominal strength, improve spinal rotation and control, flexibility and mobility.

Exercises that address balance, agility, core stabilization, rotation will help to prevent injury and condition the body.

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March 25 - May 8, 2024  
Mondays 4:00 pm & Wednesdays 9:00 am

(no classes April 6 & 8)

To register and for pricing please follow the link:  
<http://tinyurl.com/yrhjpfjz>

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**Any questions please reach out to Sandra Trevelyan**  
**[pilateswithsandralea@gmail.com](mailto:pilateswithsandralea@gmail.com)**  
**(613) 222-5909 via text**

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