



## Pilates @ ESPA at the Europe

“ Pilates

develops the body uniformly,  
corrects wrong postures,  
restores physical vitality,  
invigorates the mind,  
and elevates the spirit.”

-Joseph Pilates

€60 Per Person for 4 classes

Pay as you go €15 per class

Pilates will commence on Wednesday January 9<sup>th</sup> at  
6.30pm.

All levels of fitness are welcome.