



Suzanne Griffin

MSc in Exercise Physiology,
Axis of Life (Posture Kinetics)
Advanced Pilates Matwork (CYQ L3),
Swiss ball, Small Props,
Reformer & Apparatus trained
Body Restoration & Balance for
Women living with Breast Cancer.
Franklin Method Educator



**FRANKLIN
METHOD®**

WORKSHOPS

Pelvic Power for Core integration
Relax and liberate your shoulders
Imagery Exercises for a Strong,
Flexible & Healthy spine

www.corkpilates.com

Linked **in**

087 690 5579

Autumn/Winter Series 2017

Directions

Garryduff
Sports Centre,
Clarkes Hill,
Rochestown Road.

Ardfallen Centre,
Douglas Rd.
Parking at Gus Healy
Swimming Pool

Max 12 per class

One to One/Group
classes on Reformer,
Cadillac,
Spine Corrector
& Wundi Chair now
available in Douglas

TUESDAY, ARDFALLEN CENTRE

| | | |
|-----------------|---------------|-----------------|
| 9:45 10:45am | 6:30 - 7:30pm | 7:30 - 8:30pm |
| Fundamentals II | Fundamentals | Fundamentals II |

WEDNESDAY, GARYDUFF SPORTS CENTRE

| | | | |
|--------------|---------------|---------------|---------------|
| 9:45 10:45am | 6:30 - 7:30pm | 7:30 - 8:30pm | 8:30 - 9:30pm |
| Intermediate | Intermediate | Inter./ Adv.* | Fundamentals |

THURSDAY, ARDFALLEN CENTRE

| | | | | |
|-----------------|---------------|-----------------|---------------|---------------|
| 9:45 10:45am | 10:45 11:45am | 6:15 - 7:15pm | 7:15 - 8:15pm | 8:15 - 9:15pm |
| Fundamentals II | Fundamentals | Fundamentals II | Inter./ Adv.* | Intermediate |

* Inter.= Intermediate • Adv. = Advanced

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