

FIRST YOGA, THEN PILATES, NOW ESSENTRICS!

- NEW to New Zealand
- Dynamic weight free strengthening programme
- Smooth challenging movements, easy to follow, fast results
- Suitable for everyone and all ranges of fitness
- Tones, strengthens, lengthens & limbers muscles
- Physiotherapists recommend eccentric moves for *most* injuries
- Increases joint mobility and prevents injury
- Improves posture and balance Eases back and shoulder pain
- THINK; a combination of Yoga, Pilates, Tai Chi & Dance
- Flowing movements
- Certified under ACC “Live Stronger, For Longer” Programme
- Instructor has over 30 year’s experience and REPS registered
- Registration is required as limited spaces
- First trial class FREE
- Runs term by term – works out approximately \$12 a class
- For further information go to www.essentricsauckland.co.nz or ‘Like’ us on Facebook – Essentrics with Jeanne - Auckland

Barfoot and Thompson Netball Centre, Thursday 10am

To register or for further information: 021-447878 or email jeanne@essentricsauckland.co.nz Please bring a yoga mat & a towel.

