



Dance Theatre of Ireland Centre for Dance

PILATES

Friday Mornings 10.00 – 11.15am

A body conditioning class that provides a Pilates based warm-up giving special attention to developing core strength and strengthening the abdominal muscles. With an emphasis on floor work which teaches the precise way of working each muscle group. Each class culminates in small dance movement phrases.

10 weeks for only €90 – ENROL NOW!



To Register:

Email us at
info@dancetheatreireland.com or
call us on 280 3455

Or Print out and fill in our
Registration Form (on the
Classes Page) and return with
your fee (cheque or postal order)

Or drop into our studio to register
& pay in person

T 280 3455 F 280 3466
E info@dancetheatreireland.com
www.dancetheatreireland.com

Dance Theatre of Ireland
Bloomfields Centre
Lower Georges St.
Dun Laoghaire, Dublin