

NEW

## Complete Mind and Body Benefits



## Piloga Class

Get the best of both practices with the complete mind and body benefits of Pilates and yoga in one class.

The class will be a mix between yoga poses and pilates mat exercises and will finish with a relaxation.

Piloga is ideal for increasing strength and flexibility, toning core muscles and develop lean muscle mass and rejuvenating the body and mind. It ticks the box for cardiovascular, resistance and relaxation training.