

# Realistic Pilates

Want to do something useful with your weekends? Try Pilates! From Saturday 25th 2010 September Ina Schöttling will be running Realistic Pilates classes for small groups (max 4 people per class) at [Griffen Fitness](#). Realistic Pilates is a deconstructed method of Pilates, where good postural alignment and a flat tummy are encouraged through specific deep abdominal stabilising exercises. It's suitable for everyone.

## The Lowdown

Realistic Pilates classes with Ina Schöttling

Saturdays 10am and 12pm, starting 25th September

Introductory offer: £60 for 6 week term, maximum of 4 people per class

The result? Stand taller and leaner.

Email [getmefit@griffenfitness.com](mailto:getmefit@griffenfitness.com) for a booking form: only 8 places!