



Here in St Mogue's

Pilates and Yoga Classes



Expert, targeted and safe Back Health Pilates

Every Tuesday 10am.

Come along and try a class for only **€5.**

All levels of fitness welcome.

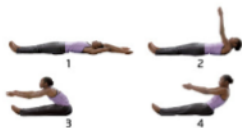
Pilates is recommended by your GP, Physio-therapist and Sport Scientists to maintain healthy joints, develop a strong core and to improve your sporting performance. Your teacher **Liam Byrne** is an experienced Yoga and Pilates Instructor, Acupuncturist, Neuromuscular and Orthopaedic Sports Massage Therapist with over a decade of experience in the field of holistic exercise and therapy.

Liam has been teaching a very popular **Yoga** class on a **Wednesday morning at 10am** in St Mogue's for several years now.

If you have any questions, contact **Liam on**

086 4082428

*or just come along on Tuesday and/or
Wednesday at 10am. Classes €5 each*



St Mogue's Hall, Inch, Gorey

0402 21890

www.stmogues.ie