



Contact Margie on 083 308 9249
E-mail: margiethheights@gmail.com

Margie Sim – Pilates Studio
will be coming to talk to you

on Friday, 4 February 2022
at 1.30pm
at the BIG TV area

TOPIC of discussion

- What Pilates is and how it works
- The benefits of Pilates as you get older
- How it can be adjusted to anyone –
sportsmen & women, all types of dancing,
injuries and at any age

'Life is a gift'