

„Creating a more centered you“

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Pilates Courses

Pilates Courses in Wipkingen

WHAT

Basic (B) – Beginner Classes

For newcomers. Learn the basic principles.

Advanced (A) – Classes

You know the basic principles and wish to build up your knowledge.

Private Sessions

Individual attention and booking.

WHEN

Wednesdays

Basic 09.00 – 09.55 10.10 – 11.00 18.00 – 18.55 (in English)
Advanced 19.05 – 20.00
Mixed (A + B) 11.35 – 12.30

WHO

Rachel Luquet-Wachter, Physiotherapist and Pilates trainer
Toosie Bawden, Physiotherapist and Pilates trainer

WHERE

Near Bahnhof Wipkingen, Nordstrasse 201 in 8037 Zurich

Please use the back entrance, right from Café Letten.

RATES

10 week Course, 333.– CHF per 10 sessions (valid 3 months).
In the case of illness or holiday, the lessons can be transferred onto another course. On renewal of your registration for your next course, you will be given a free session (11 for the price of 10).

Private Sessions: 30 minutes 68.50 CHF

Private Sessions: 60 minutes 137.00 CHF

Couple Sessions: 60 minutes 205.50 CHF

BOOK

Registration and information:

Praxis Salzmänn

Phone 044 350 63 00 or www.physio-salzmänn.ch