



My Groups and Personal Training

Pilates with tools (small appliances)

Pilates & Core Training

Pilates & BBP

Fit & Pilates with baby

Good Morning Mobilization

Core Mini Circuit Training

Mini Interval Training & Pilates

Pilates cardio

Cardio & Pilates Bellicon trampoline/rebounder (only as personal training or training for two)

Ski gymnastics on the trampoline

Core & Cardio on the trampoline

Pilates for golfers

Reactive Training (30 ') with special non-slip dumbbells containing a flywheel. Deep muscles, joint protection, fat loss, Full - Training + (30 ') Pilates.

- Nutritional advice

- Posture analysis