

Imagine... Being your ideal weight

South Dublin Classes

St. Philip & St. James Parish Ctr,

Cross Ave, Booterstown

Monday January 23rd 2012

Absolute Tone 7pm €75

Classical Pilates 8pm €95

Firhouse Com & Leisure Ctr

Ballycullen Ave, Firhouse

Monday January 23rd 2012

Classical Pilates 7pm €95

Inchicore Com Sports Ctr

St., Michael's Est.

Off Buffin Road

Monday January 23rd 2012

Classical Pilates 8.30pm €95

Why Imagine? Be...



Pilates Performance Ireland

Pilates - Boot Camp - Zumba

Your body - Your Life - Your Choice



*Early Booking Discount
Book by January 14th and save €5
Simply call:*

Web: PPIreland.com Phone: (01) 495 7797 Mobile: 087 2445425
Pilates Performance, Unit 11, Grange Rd Retail Pk,
Grange Rd, Rathfarnham, Dublin 14
(Above Lidl and across the road from Marlay Park)

Imagine... Being Stronger

West Dublin Classes

**Castleknock Community Ctr.
Laurel Lodge Rd, Castleknock.**

Monday January 23rd 2012

Mother (& Baby) Pilates 10am €95

Classical Pilates 8pm €95

Boot Camp Pilates 9pm €95

Dunboyne Community Ctr.

Dunboyne, Co Meath

Tuesday January 24th 2012

Classical Pilates 8.30pm €95

Carnegie Court Hotel

North St., Swords

Tuesday January 24th 2012

Circuit Cardio 7.30pm €75

Absolute Tone 8.30pm €75

Leixlip Youth & Com. Ctr.

Newtown House, Captains Hill, Leixlip

Wednesday January 25th 2012

Classical Pilates 8.30pm €95

Imagine... Being Fitter

North Dublin Classes

**Our Lady of Dolours
Botanic Ave, Glasnevin**

Monday January 23th 2012

Classical Pilates 8.00pm €95

St.Brendan's Parish

Coolock Village

Tuesday January 24th 2012

Classical Pilates 8.30pm €95

**St. Gabriel's Parish Ctr,
St Gabriel's Rd, Clontarf.**

Wednesday January 25th 2012

Zumba 7.15pm €75

Malahide Community School

Malahide, Co. Dublin

Thursday January 26th 2012

Classical Pilates 7.30pm €135*

Zumba 8.30pm €100*

(* 10 week programmes)

Advance booking & payment required (we accept credit/debit cards)

All programmes run for 7 consecutive weeks (Malahide 10 weeks)

Web: www.PPIreland.com

Phone: (01) 495 7797

Mobile: 087 244 5425

Pilates Performance Ireland, Unit 11, Grange Road Retail Park, Grange Road, Rathfarnham, Dublin 14