

Pilates at the Parque Mar 2024

21. – 26. april / 28. april – 3. may / 20. – 25. october



10 – 11 a.m. and 5 – 6 p.m.: Meetingpoint behind the Copacabana Bar

Pilates is a holistic movement method that promotes strength, flexibility and the structural balance of the body. Specific breathing and conscious movement sequences are important components of the training. Pilates is ideally suited as a holistic training programme, but also as a complement to other sports or for rehabilitation.

From Monday to Friday we practice one hour each at 10am and 5pm in the beautiful garden of Parque Mar with a view to the sea. The classes are suitable for everyone, even without previous Pilates experience.

We look forward to seeing you!

Further information: www.pilates-porentief.ch