



Dance Theatre of Ireland Centre for Dance

PILATES & DANCE

Friday Mornings 10.00 – 11.15am

The class is primarily a body conditioning class focused on providing a warm-up that is Pilates based, giving special attention to developing core strength and strengthening the abdominal muscles. With an emphasis on floor work which teaches the precise way of working each muscle group. Each class culminates in small dance movement phrases. With **Phoebe Toal**.

10 weeks for only €90 – ENROL NOW!



To Register:

Email us at
info@dancetheatreireland.com or
call us on 280 3455

Or Print out and fill in our
Registration Form (on the
Classes Page) and return with
your fee (cheque or postal order)

Or drop into our studio to register
& pay in person

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