

POWER UP WITH PILATES

WITH TAMARA GROMOVA

MAY 17TH, 2023 – 12:00 BST | RIGRUN RECOVERY ZONE

Join Pilates Instructor and Fitness Coach Tamara Gromova for a Pilates class that delves deeper into the benefits of adding this core-strengthening exercise to your regime, including how it can:



- Enhance your sports performance in activities such as running and weight training
- Help you recover and prevent injury by supercharging your dynamic strength
- Boost your energy levels and mood on a long stint away from home
- Make you more aware of your body, movements and physiological needs

Visit rigrun.co.uk/recovery-zone for more details.

**INCLUDES PRIZE DRAW ENTRY
TO WIN A PILATES BAND!**



Scan the QR code to
join the webinar!

