



The Core Studio Ltd.
71-73 Glashule Road,
Glashule, Co. Dublin.
www.thecorestudio.ie



FEBRUARY FLASH SALE!

AN ADDITIONAL CLASS FOR SUBSTANTIALLY REDUCED COST ONLY AVAILABLE UNTIL FEBRUARY 13TH!!

We know your new years resolutions are now up and running! To help you really step up your good intentions and reward you for your custom we are offering a once off opportunity to existing customers to take up a second/third class at a considerably reduced cost for six weeks only! Booking and payments must be before Monday 13th February. Offer is closed then.

[Commit To Six Classes For Six Weeks and Feel Like a new You!!](#)

This is available **only and exclusively** for the dates and times shown and may not be substituted for any other class or in conjunction with any other offer and is non transferable and non refundable. Us T&C's apply available at thecorestudio.ie. These Classes are 1 hour long.

WE WANT YOU TO FEEL AND SEE A DIFFERENCE IN 6 WEEKS BY ADDING A SECOND or THIRD CLASS!!

REFORMER REWARD

Get Lean & Strong building your back and core, enhance muscle balance on the resistance based Pilates Reformer

You may not have tried reformer and always wanted to so here's the deal! -

Beginner/improver level 6 weeks Only for E72.00 euro

Normally E180 for 10 or E22 Per Class

Mondays 13th February to 20th March @ 11.30 am - 72 Euro

Tuesdays 14th February to 21st March @ 10.30 am - 72 Euro

Thursdays 16th February to 23rd March @ 10.15 am - 72 Euro

First Come First Served. 7 PLACES ONLY per class. Your place will be confirmed and reserved for you only when we have received your payment in person at the studio. if you do not show up for class the class is forfeit. These classes may not be booked online.

MATWORK REWARD

Get Lean and strong with a combination of Pilates movements focused on strengthening your core and back muscles.

6 Weeks only E48.00

Normally 120.00 for 10 or E15 Per Class

Tuesdays 14th February to 21st March @ 6pm - 48.00 Euro

First Come First Served. 8 PLACES ONLY per class. Suitable for beginners/improvers. Your place will be confirmed and reserved for you when we have received your payment in person at the studio. if you do not show up for class the class is forfeit. These classes may not be booked online.

CIRCUIT TRAINING REWARD

Get February Fit with a combination of aerobic and anaerobic stations. Suitable for Beginners/improvers.

6 Weeks only E48.00

Normally E120.00 for 10 or 15 per class

Wednesdays 15th February to 22nd March @ 6pm - 48.00 Euro

First Come First Served. 10 PLACES ONLY per class. Your place will be confirmed and reserved for you when we have received your payment in person at the Studio. if you do not show up for class the class is forfeit. These classes may not be booked online.

Yours in fitness,
Nicky & Karen

