

Cardiolates

Thursday 9:00am - 10:00pm

Dubai Media City

The most current trend in Pilates. The best way to lose or manage weight is to consume fewer calories than we expend. Cardiolates blends the best of both worlds! The cardio portion raises the heart rate, which benefits both the heart and lungs, with the added benefit of burning more calories. The pilates portion helps to develop proper posture, core strength, flexibility, muscle tone/contouring and body awareness. Adding Cardiolates to your weekly routine will insure you keep motivated in your pursuit of a healthy and balanced, mind body and soul.

