

Flavia Di Tomassi
Pilates instructor
Pilates coaching
Happy person



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HAPPYDEMIC PILATES FOR REDWAY RUNNERS MK



Why Pilates?

Pilates is designed to strengthen and balance the body in preparation for daily life and any sporting activities that we may choose to participate in. The exercises focus very much on stabilisation, which reduces the risk of those nagging recurring injuries that plague endurance athletes. They build strength and flexibility without adding unnecessary bulk that would negatively impact running.

- Core strength
- Flexibility, balance, and symmetry
- Full body strengthening & conditioning without impact or stress on joints

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- Correcting existing muscle imbalances: tight hamstrings, tight hip flexors, poor gluteal activation, resulting in back pain, knee problems and Achilles tendonitis
- Engaging muscles to improve running stride & gait
- Injury prevention
- Focus on breathing

Why Happydemic Pilates?

- Private sessions target and planned for the members' specific issues, needs and goals.
- Scheduled spots to fit into the everyday busy life.
- Friendly, professional, knowledgeable and supportive environment.
- Passionate about seeing improvements.
- 100% Money Back Satisfaction Guarantee: if a member signs up for a Package and after attending one full session, doesn't think to have made the right decision, all the money will be refunded. *T&C's apply.

What's in Happydemic Pilates for the Redway Runners:

- 1 free private session. Sessions are 45 minutes long and include a postural check
- Happydemic Pilates Basic package at the discounted price of £390 instead of £ 450.
The package includes 10 private sessions (each session is 60 minutes) + **15% discount on 30 minutes Sport Massage** with Sports Therapy Solutions MK.
- Happydemic Pilates Plus package at the discounted price of £580 instead of £ 675.
The package includes 15 private sessions (each session is 60 minutes) + a **free 30 minutes Sport Massage** with Sports Therapy Solutions MK.

"Flavia is just amazing! She has somehow managed to transform my fitness and approach to the way I maintain my health in a way that I could have never imagined and all always be grateful for! I am now fitter, leaner and happier than I have ever been!

She is supportive, understanding and explains everything in a way that really makes sense!

I would recommend her classes a thousand times over!"

Charlotte M. Perrill, London

"Wow where do I begin. I recently attended my first session. Feeling nervous and uncertain of what to expect. Exercises were great. Showing me what I should be feeling whilst doing exercises in class, not stress n struggles but accuracy and relaxing my body. After a great session of exercises had a stretching session. Brilliant! I loved it, cant wait till my next session. I felt a buzz if excitement, motivation and inspiration to do more. I really felt sooo sooo much improvement in my mind and body. Flavia wow what a session! Thank you, you're a really inspiration and brilliant. I so would recommend you to all regardless of fitness or personal condition.

Karolinka Tokarski- Grasby, Milton Keynes

