



Madonna, Anne Hathaway and Charlize Theron are all big fans as are many other Hollywood stars. New in South Africa, this popular dance-cross-pilates technique is taking the world by storm and is the latest trend in strengthening and sculpting bodies.

En-Core is much more than just a dance class. And it's far more than just a workout. En-Core Fitness Studio has developed the **En-Core Method** - an extended, full body, core workout using the ballet barre which challenges both beginner and expert alike.

Every single movement in the **En-Core** Barré and Pilates classes is specifically designed to give optimal results in terms of fitness, strength and toning. Created by ex-ballerina Victoria Ashford-Smit, this method is guaranteed to yield incredible physical results.

To experience this workout contact us at info@en-core.co.za and visit our website www.en-core.co.za



Margate Sands

Situated right on Margate's main beach, Margate Sands is the destination of choice for the discerning South Coast Holidaymaker.

Onsite features include:

- Adventure Golf
- Pool with a view
- Curio shop
- Wellness Centre
- Games Room

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Fit to the Core

Bring us the body you've got. We'll give you the body you deserve. En-Core Barré offers you much more than just a dance class. And far more than just a workout.



get physical

WITH THEIR COMBINED dance and sports physiology experience, every single movement in En-Core Barré and Pilates workouts are specifically designed to give you optimal results in terms of fitness, strength and toning. Whether you're in your youthful teens or fabulous fifties, at the En-Core Fitness Studio, your workout is customised to suit your specific body type, life stage and physical capabilities. Their Pilates and Barré classes are based on years of research into how the body works, which is why every movement is structured, necessary and fluid.

Let's face it - there's nothing fun or inspiring about queuing for the treadmill at your local gym. The En-Core fitness studio is something completely different. It's like a personal fitness date with likeminded people, and it's what has inspired such a loyal following among their clients. There are never more than 10 clients in a class, so you'll get personal attention while you bond and mix with others around you.

In addition to ballet, they also offer Pilates, Pilates is an intense mind-body exercise regime that uses a floor mat

or a variety of specialised equipment. Through breathing to aid concentration, you'll build core strength, tone and stretch muscles and keep your body in balance. It teaches you body awareness, improves posture, and gives you better flexibility and agility. It also strengthens your core which increases your overall strength without adding excess bulk, creating a sleek, toned physique. It is something that you can do no matter your age or fitness level - so anyone can enjoy the calming benefits it has for the mind and the body.

At the end of a workout, you'll walk out a little taller, a little stronger and you'll feel a lot more relaxed. You'll be energised, inspired and ready to face whatever life throws at you. Beware though; several clients have confessed that En-Core Barré is addictive. Clients say they adore going to classes and for good reason - they start to see results almost instantly and leave the studio energised and inspired. For more information and to find an affiliated studio near you, visit www.en-core.co.za ✦



Why you will love En-Core Ballet Barré classes:

- In less than 12 weeks you'll start to see physical improvements - you'll be longer, leaner and stronger.
- You'll get all the elongating benefits of Pilates but enjoy the results of a cardio workout too.
- You'll lose both weight and centimetres.
- You'll shape and tone your legs, bum and waistline.
- Your tummy will be flatter and you'll strengthen your abdominals.
- Your energy levels and general mood will improve.
- Your general flexibility and co-ordination will get better too.
- The sessions are short, sharp and intensive - they only take 45 minutes.

More than anything else, En-Core Barré classes are fun! The vibey music and relaxed atmosphere mean you won't even notice the exceptional workout you're getting.