



Social Event

ACCA

A Peek at Pilates

Date

**13 September 2008, Saturday &
20 September 2008, Saturday**

Venue

Pilates Bodyworks
3 Phillip Street #19-01
Commerce Point Singapore 048693
(nearest MRT station: Raffles Place)

Time

11:30am - 12:30pm
(Registration from 11:00am)

Fee

S\$50 per pax (for two sessions)

Enrolment Deadline

29 August 2008, Friday

Package

- 1 Matwork session (floorwork)
and
1 Reformer session
(Pilates with equipment)
- Each session is one-hour long.
- Commitment to the two sessions is necessary upon registration, as changes to the schedule cannot be accommodated.
- No. of pax per session:
6 to 8 pax (min 6 pax)

Need to unwind after a long day in front of the computer, rehabilitate an injury, or simply to get in better shape? Why not try Pilates – a holistic approach to fitness and health?

What is Pilates?

Encompassing a series of controlled, fluid movements, Pilates works the body as a whole, allowing muscle groups to share the workload throughout the body as a system rather than in isolation.

Curious?

Come find out more about Pilates at our upcoming two-session teaser organised especially for ACCA members. Over two Saturdays, experience the benefits of Pilates. Members will be able to experience:

- i. a Matwork session; as well as
- ii. a Reformer session

The sessions will be held at the Matwork Studio, lined with mirrors so that clients can observe themselves during exercise protocols in the spacious studio; and the Reformer Studio, which is similarly designed with mirrors, plush carpeting and a generous range of Reformers, ensuring that training progress will not be hampered by overcrowding at machines or the lack of facilities.

Who's conducting the sessions?

Pilates Bodyworks – you might have seen their bite-size clips on Channel News Asia.

Founded in 1999, *Pilates Bodyworks* is a sanctuary where clients clear their minds while focusing on strengthening their bodies, and has garnered numerous accolades from its clients and the media since its inception.

Come take a peek at Pilates!

**Please note that as space is limited you are encouraged to register early to avoid disappointment.*

ACCA SINGAPORE
435 ORCHARD ROAD #15-04/05
WISMA ATRIA SINGAPORE 238877

T +65 6734 8110
F +65 6734 2248

www.singapore.accaglobal.com

ACCA Social EventEnrolment Form for "A Peek at Pilates" - Saturday, 13 & 20 September 2008 at *Pilates Bodyworks***ACCA****Contact Person's Particulars**

Contact Person : _____ Membership No.: _____

Designation : _____ Company : _____

Tel : _____ Fax : _____

*Address : _____

E-mail : _____

(FOR CONFIRMATION, PLEASE PRINT IN BLOCK LETTERS)

All Participants Details (Single cheque payment)

Name of Participant/s	Company/Title	Reg No. (If applicable)	Amount
Amount Payable:			

Payment Method
 Cheque payable to "ACCA Singapore Pte Ltd" Bank Cheque No.
Remarks**Important notes:**

1. ACCA Singapore reserves the right to cancel or make any adjustments to the event.
2. Enrolment by fax is NOT accepted.
3. **Please indicate on the reverse side of your cheque, Your Name, Contact Details and Event Name.**
4. Full payment must be received prior to the event. Registration forms submitted without payment will not be accepted.
5. Enrolment is on a first-come-first-served basis.
6. No cancellations 3 days before the event but substitutions will be permitted.
7. Enrolment confirmation will be sent via e-mail to each enrollee after enrolment dateline.
(E-mail address must be provided)
8. Receipts & Invoices will be issued upon request.
9. No complimentary parking provided.