

Pilates

New classes near you!

Pilates is for EVERYONE whatever level of fitness, age or ability to help you build strength, flexibility and overall well-being.

Quality teaching with Body Control Method Teacher.

Progressive approach. Teaching good movement skills.

Small class sizes and friendly atmosphere.

Beginners, Intermediate and Over 50's classes to choose from.

Join my one-hour classes at:

St Luke's Church Hall, Bear Flat

Monday evenings, Tuesday and Friday mornings.

Sulis Meadows Dr. Surgery Tuesday evenings.

Apthorp Centre, Weston Road,

Wednesday mornings and evenings.

Call Margo on 07939994757

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