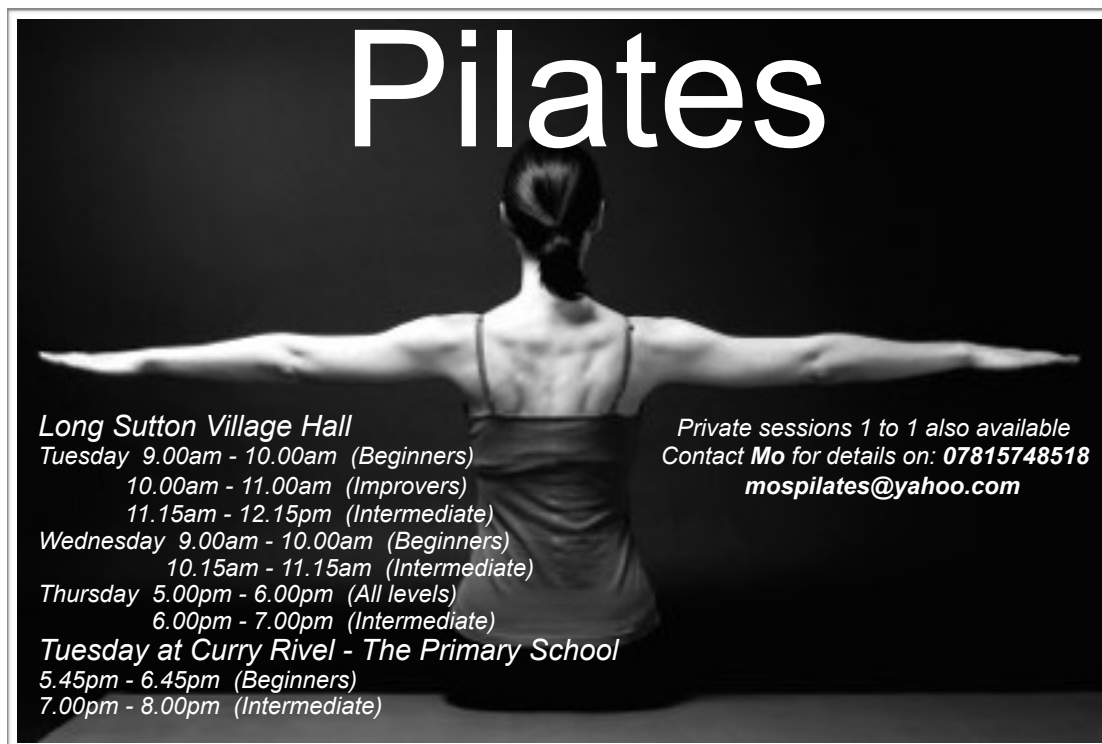


Benefits of Pilates

If you would like to increase your body awareness by improving your posture, balance and body alignment perhaps Pilates would be a great start. Specifically designed to increase flexibility, strength and control, Pilates will also develop long, lean and toned muscles without adding bulk. Pilates is a safe form of gentle exercise for people of all abilities, which relieve stress and tension as well as preventing and supporting muscle and soft tissue injury.



Pilates

Long Sutton Village Hall
Tuesday 9.00am - 10.00am (Beginners)
10.00am - 11.00am (Improvers)
11.15am - 12.15pm (Intermediate)
Wednesday 9.00am - 10.00am (Beginners)
10.15am - 11.15am (Intermediate)
Thursday 5.00pm - 6.00pm (All levels)
6.00pm - 7.00pm (Intermediate)
Tuesday at Curry Rivel - The Primary School
5.45pm - 6.45pm (Beginners)
7.00pm - 8.00pm (Intermediate)

Private sessions 1 to 1 also available
Contact **Mo** for details on: **07815748518**
mospilates@yahoo.com