

Pilates

Pilates is a gentle and effective exercise regime suitable for all ages.

Pilates is a mat based exercise class that strengthens and mobilises joints and muscles, improves flexibility and tones and shapes the body.

Every Wednesday @ 6pm

at the Oak Tree Centre, Lightmoor Village

£27 for 6 classes, then pay as you go

New people always welcome

For more information

Contact Jo on 07961 385754

Jo Burt

FITNESS

