

**PILATES 615pm 4.50 FITNESS Arms legs bums amp tums CLASS THURSDAYS 7pm**




  
**COCKLESHELL NAVAL COMMUNITY CENTRE**  
 Henderson Road, Eastney, PO4 9SJ



- Improve your posture
- Flatten your stomach & trim your waist
- Create strong lean muscles
- Improve your balance & flexibility
- Increase your mind & body awareness
- Safe effective exercise system

**PILATES**  
 A non-impact, full body workout  
**Mat Based Exercises**  
**THURSDAYS 615pm**  
**£4.50** per session PAYG  
 (£4 Military personnel & dependants)

Please bring a mat  
 FOR FURTHER DETAILS PLEASE CALL:  
 Alison: 07986 900 262 OR  
 Cockleshell Naval Community Centre, Eastney; 023 92 734176  
 Email: [pilates2u@ntlworld.com](mailto:pilates2u@ntlworld.com)  
 Instructor REPS LEVEL 3  
**FREE PARKING ON SITE**

Location **South West, Hampshire**  
<https://www.freeadsz.co.uk/x-484166-z>

PILATES CLASS £4.50 (£4 Military/dependants) 615pm Fitness class, ALBT, Arms Legs Bums Tums using dumbbells (provided) 7-8pm £3.50 PAYG Cockleshell Community Centre Henderson Road Eastney PO4 9SJ (next door to Eastney Swimming Pool ) Car parking on site. Friendly ladies only group warm welcome guaranteed. Please bring a mat/towel if you have one - ALL fitness levels & ages - Qualified & fully insured REPS Level 3 instructor leading the group. Call for further info 07986900262 079869002...(click to reveal full phone number) - No need to book a place. Look forward to meeting:)

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