

Pilates, Thursday 6pm St. Joseph039s Hall Stonehouse



Location **South West, Gloucestershire**
<https://www.freeadsz.co.uk/x-564496-z>

Wednesday 6 - 7 pm St. Joseph's Hall, Oldends Lane Stonehouse
 (Limited spaces so please contact me before coming to this class).

Pilates is suitable for everyone regardless of age, sex and level of fitness. Each exercise can be done at different levels of intensity with additional modifications to cater for anyone with specific muscular or joint limitations. If you are in any doubt, it is always advisable to check with your GP before undergoing any exercise programme.

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Pilates is a challenging yet safe exercise that promotes a balanced body, a longer, leaner, toned shape, superb posture, a flat stomach, a strong back and increased mobility and flexibility. It also increases strength and endurance, improves balance and co-ordination, all without producing over developed or bulky muscles.

These are multi-level classes suitable for beginner and intermediate levels.
 This class is suitable for older adults.
 Please bring a mat
 Limited Spaces available

This class is suitable for beginners and older adults.
 £8 Pay as you go

£40 for 6 session card (use within 2 months)

OFFER: 6 session card (use within 2 months) £60**

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