

Pilates, Stonehouse, Thursday 930 am



Location **South West, Gloucestershire**
<https://www.freeadsz.co.uk/x-589154-z>



Thursday 9:30 am
 Douglas Morley Hall
 Methodist Church
 Elm Road
 STONEHOUSE
 GL10 2NP

This class is specifically for Low Back pain, however it is also suitable for anyone who wishes to improve their balance. Small class sizes so please contact me to reserve you space.

Pilates was invented for injured dancers nearly a century ago by gymnast Joseph .â€œIt 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.

â€œPilates 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.

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