

NEW BEGINNER FITNESS PILATES CLASS

Fitness Pilates is a '

Balance

Core strength

Posture



Strong

Flexible

FIT



Breathe

Focus



Mind

Body

Alpraham and Calveley Village hall
Tuesdays 11.15a.m.-12.15 p.m. (beginning
on 24th September)
A block of 4 weeks (4 classes) is £24.

For further information and or to
book a mat space please contact:

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