

NEW PILATES CLASS

**Alpraham & Calveley
Village Hall**



**Wednesdays
6.15-7.15 pm**

Classes are in 4-week blocks

£36 for 4-weeks
£30 for 3-weeks
£22 for 2 weeks
£15 for 1-week
£10 for a taster session

To book
please contact Wendy:

**E: wjbroad.pilates@gmail.com
M: 07795 243346**

Modern Pilates

Learn new ways to
help:

- Posture
- Core stability
- Back pain
- Balance
- Coordination
- Joint mobility
- Bone strength
- Functional
movement for life
- Sleep & Relaxation

**Functional
Clinical Mat Pilates**

**MIXED
ABILITY**

**BOOKING
ESSENTIAL**

www.mindbodyawareness.co.uk