

# Pilates Class - First class FREE



Location **Yorkshire and the Humber, South Yorkshire**  
<https://www.freeadsz.co.uk/x-216293-z>

Discover a New You!!

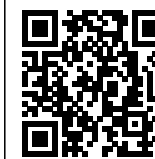
Do you want to improve.....

- Your back pain?
- Joint or muscular problem?
- Posture
- Stress level

If so try a class for free

Tuesday's 12.00-1.00pm at Longley 4G Community Centre or  
 Thursday's 9.45-10.45am at Shirecliffe Community Centre

Limited spaces available, so please book to avoid



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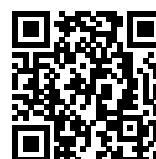
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