

# PILATES in Harrow January 2016



Location **London, London**  
<https://www.freeadsz.co.uk/x-231548-z>

WEDNESDAY 7.30pm-8.30pm

Venue: South Harrow Methodist Church, Walton Avenue HA2 8QU

Free parking available.

The class is suitable for all ages, both male and female.

No experience required, all levels of fitness welcome.

Drop in for a single session, or get a Block of sessions at a reduced price.

No need to book your first class as there is always place for those coming for the 1st time, but please let us know you are coming.

OFFER OF THE MONTH: Get a free session when you take a new subscription.

~~ try exercises online at PILATES Shape&Relax ~~

Enjoy your workout!

PILATES Shape-and



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