

NEW 039Open to All039 amp 039Men Only039 Pilates classes in Guildford on a Tuesday



Location **South East, Surrey**
<https://www.freeadsz.co.uk/x-327209-z>



NEW! Pilates classes now running on a Tuesday evening at the United Reformed Church in Guildford. All ages and abilities welcome. Great for toning, strengthening and lengthening muscles, reducing back, neck and shoulder pain, increasing mobility, improving posture, rehabilitating injury, improving athletic performance, relaxation and promoting a greater sense of health and wellbeing. 7-8pm Open to All 8-9pm Men Only Class Spaces limited in each class so book your place TODAY to avoid disappointment. Contact Jess Curnier on 07789 176416 07789 1764...(click to reveal full phone number) or email click to contact for more information.;



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