

POP Fitness Pilates at Eden Blue in Old Town Eastbourne (7 GBP)



Location **South East, East Sussex**
<https://www.freeadsz.co.uk/x-368419-z>

Take your Pilates journey to the next level! POP Pilates takes Pilates to the next level. It is an intense, cardio infused, mat-based workout to popular music. While most POP Pilates moves originate from classical Pilates; the class design, relationship with music, sequencing and reps, differ from traditional mat classes. POP Pilates is designed to improve your strength, agility, flexibility and posture. This class is perfect for anyone who wants to take their Pilates journey to the next level or for anyone wishing to undertake more challenging exercises while still enjoying the principle benefits of Pilates. This POP Fitness Pilates class will challenge your body, help you to lose weight and tone your midsection at the same time. POP Pilates is fun and effective and will leave no muscle untouched! This class is suitable for beginners and those with previous experience of Pilates or similar exercise programmes. Participants must complete a medical PAR-Q Form before participating in this class. Time: Monday 8.15pm-9.15pm Start Date: Now Level: Suitable for beginners to improvers.

Info: No mat required but if you have your own please bring it with you. Please contact us to book your place. Cost: £7.50 drop-in/£7 per session when booked termly in advance. Refreshments: Tea, coffee, drinks and snacks available. Telephone: 01323 639 883 01323 639 8...(click to reveal full phone number) Address: Eden Blue, Unit 19, 1 Green Street, Eastbourne, BN21 1QN Website: www.edenblue.co.uk Email: click to contact Facebook: <https://www.facebook.com/edenbluecentre> Twitter: twitter.com



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