

Pilates - Stonehouse, Wednesday 6pm



Location

South West, Gloucestershire<https://www.freeadsz.co.uk/x-483678-z>

From Wed 11th January 17 - Stonehouse Scout Hut 6 - 7 pm

Pilates is suitable for everyone regardless of age, sex and level of fitness. Each exercise can be done at different levels of intensity with additional modifications to cater for anyone with specific muscular or joint limitations. If you are in any doubt, it is always advisable to check with your GP before undergoing any exercise programme.

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Pilates is a challenging yet safe exercise that promotes a balanced body, a longer, leaner, toned shape, superb posture, a flat stomach, a strong back and increased mobility and flexibility. It also increases strength and endurance, improves balance and co-ordination, all without producing over developed or bulky muscles.

These are multi-level classes suitable for beginner and intermediate levels. This class is suitable for older adults. Limited Spaces available

This class is suitable for beginners and older adults.

£8 Pay as you go

£40 for 6 session card (use within 2 months)

£72 for 12 session card (use within 3 months)

£6 per week (1/2 term block paid in advance) * (Guaranteed)

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