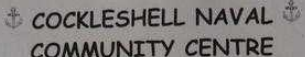
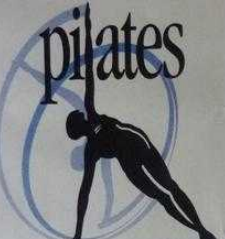


PILATES 615pm 4.50 FITNESS Arms legs bums amp tums CLASS THURSDAYS 7pm E





COCKLESHELL NAVAL COMMUNITY CENTRE
 Henderson Road, Eastney, PO4 9SJ





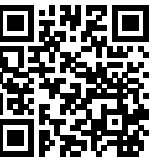
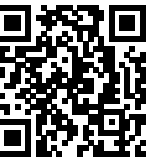
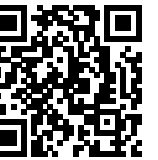




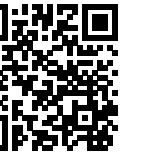
- Improve your posture
- Flatten your stomach & trim your waist
- Create strong lean muscles
- Improve your balance & flexibility
- Increase your mind & body awareness
- Safe effective exercise system

PILATES
 A non-impact, full body workout
Mat Based Exercises
THURSDAYS 615pm
£4.50 per session PAYG
 (£4 Military personnel & dependants)

Please bring a mat
 FOR FURTHER DETAILS PLEASE CALL:
 Alison: 07986 900 262 OR
 Cockleshell Naval Community Centre, Eastney; 023 92 734176
 Email: pilates2u@ntlworld.com
 Instructor REPS LEVEL 3
FREE PARKING ON SITE

Location **South West, Hampshire**
<https://www.freeadsz.co.uk/x-484166-z>

PILATES CLASS £4.50 (£4 Military/dependants) 615pm Fitness class, ALBT, Arms Legs Bums Tums using dumbbells (provided) 7-8pm £3.50 PAYG Cockleshell Community Centre Henderson Road Eastney PO4 9SJ (next door to Eastney Swimming Pool) Car parking on site. Friendly ladies only group warm welcome guaranteed. Please bring a mat/towel if you have one - ALL fitness levels & ages - Qualified & fully insured REPS Level 3 instructor leading the group. Call for further info 07986900262 079869002...(click to reveal full phone number) - No need to book a place. Look forward to meeting:)

 <p> PILATES 615pm 4.50 FITNESS Arms legs bums amp tums CLASS THURSDAYS 7pm Eastney https://www.freeadsz.co.uk/x-484166-z </p>	 <p> PILATES 615pm 4.50 FITNESS Arms legs bums amp tums CLASS THURSDAYS 7pm Eastney https://www.freeadsz.co.uk/x-484166-z </p>	 <p> PILATES 615pm 4.50 FITNESS Arms legs bums amp tums CLASS THURSDAYS 7pm Eastney https://www.freeadsz.co.uk/x-484166-z </p>	 <p> PILATES 615pm 4.50 FITNESS Arms legs bums amp tums CLASS THURSDAYS 7pm Eastney https://www.freeadsz.co.uk/x-484166-z </p>	 <p> PILATES 615pm 4.50 FITNESS Arms legs bums amp tums CLASS THURSDAYS 7pm Eastney https://www.freeadsz.co.uk/x-484166-z </p>	 <p> PILATES 615pm 4.50 FITNESS Arms legs bums amp tums CLASS THURSDAYS 7pm Eastney https://www.freeadsz.co.uk/x-484166-z </p>	 <p> PILATES 615pm 4.50 FITNESS Arms legs bums amp tums CLASS THURSDAYS 7pm Eastney https://www.freeadsz.co.uk/x-484166-z </p>	 <p> PILATES 615pm 4.50 FITNESS Arms legs bums amp tums CLASS THURSDAYS 7pm Eastney https://www.freeadsz.co.uk/x-484166-z </p>	 <p> PILATES 615pm 4.50 FITNESS Arms legs bums amp tums CLASS THURSDAYS 7pm Eastney https://www.freeadsz.co.uk/x-484166-z </p>	 <p> PILATES 615pm 4.50 FITNESS Arms legs bums amp tums CLASS THURSDAYS 7pm Eastney https://www.freeadsz.co.uk/x-484166-z </p>
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