

Pilates at the Pavilion, Stonehouse



Location **South West, Gloucestershire**
<https://www.freeadsz.co.uk/x-511372-z>

Thursday 9:30 am from 13th April 2017. The Pavilion, Oldends Lane Playing Field
 Oldends Lane
 Stonehouse
 Gloucestershire

GL10 2DG This class is specifically for Low Back pain, however it is also suitable for anyone who wishes to improve their balance. Small class sizes so please contact me to reserve you space. Pilates was invented for injured dancers nearly a century ago by gymnast Joseph .â€It 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. â€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.



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