

# Adult Dance Classes on Shirley Road (6 GBP)



Location **South West, Hampshire**  
<https://www.freeadsz.co.uk/x-531226-z>

Sundays 10.30-11.30 Yogalates  
 £6.00 for one class or £20.00 for four classes  
 Mondays 18.30-19.30 Contemporary  
 £6.00 for one class or £20.00 for four classes  
 Tuesdays 19.00-20.00 Yogalates  
 £6.00 for one class or £20.00 for four classes  
 Wednesday 18.00-18.45 Pointe Work  
 £4.50 for one class or £15.00 for four classes  
 Thursdays 18.00-19.00 Ballet  
 £6.00 for one class or £20.00 for four classes

Adult classes on Shirley High Street. All you need is clothes you can move in, socks and a drink. Ballet shoes can be bought from us if you chose to carry on with the classes.

Since its inception Yogalates has steadily gained popularity and an International reputation as being a method which makes the disciplines of Yoga and Pilates easily available to anyone.

Yoga can enhance strength, stamina, flexibility, balance and mental clarity. Through developing a conscious awareness of the body, mind, and breathe. It has the ability to be deeply relaxing and health enhancing.

Pilates was founded by the late German born Joseph Pilates in the 1920s. It is known globally as a collection of muscular-skeletal exercises that help sporting activities, assist in injury rehabilitation and supports those with back problems through re-educating the body's postural muscles to create a very

safe and strong foundation for movement.

It can improve flexibility and muscle strength and it is the only exercise that works the entire body in particular it strengthens the core and improves posture. It is also an excellent point, helping to relieve stress and anxiety. In addition to alleviating stress it can increase blood flow, blood pressure, cholesterol, blood glucose and blood sugar.



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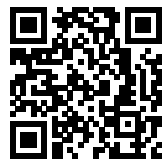
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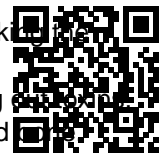
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