

# Equilibrium - YogaPilates blend - Wednesday 9.30 am Stonehouse Community Centre



Location

South West, Gloucestershire

<https://www.freeadsz.co.uk/x-534221-z>

Stonehouse Community Centre - Wednesday 9:30 am

This is a gentle flowing Yoga class with Pilates elements added.

For those with more limited mobility to increase mobility and balance it incorporates stretch, strength &amp; Yoga postures.

You can expect to improve your strength and flexibility, seeing the benefits within 8-10 weeks.

â€¢ Suitable for fitter beginners and intermediate level. 50+ Class

Prices:

£8 Pay as you go

£40 for 6 session card (use within 2

Equilibrium - YogaPilates blend - Wednesday 9.30 am Stonehouse Community Centre <https://www.freeadsz.co.uk/x-534221-z>

Equilibrium - YogaPilates blend - Wednesday 9.30 am Stonehouse Community Centre <https://www.freeadsz.co.uk/x-534221-z>

Equilibrium - YogaPilates blend - Wednesday 9.30 am Stonehouse Community Centre <https://www.freeadsz.co.uk/x-534221-z>

Equilibrium - YogaPilates blend - Wednesday 9.30 am Stonehouse Community Centre <https://www.freeadsz.co.uk/x-534221-z>

Equilibrium - YogaPilates blend - Wednesday 9.30 am Stonehouse Community Centre <https://www.freeadsz.co.uk/x-534221-z>

Equilibrium - YogaPilates blend - Wednesday 9.30 am Stonehouse Community Centre <https://www.freeadsz.co.uk/x-534221-z>

Equilibrium - YogaPilates blend - Wednesday 9.30 am Stonehouse Community Centre <https://www.freeadsz.co.uk/x-534221-z>

Equilibrium - YogaPilates blend - Wednesday 9.30 am Stonehouse Community Centre <https://www.freeadsz.co.uk/x-534221-z>