

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 & Yoga postures.

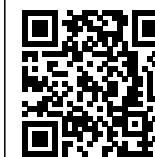
You can expect to improve your strength and flexibility, seeing the benefits within 8-10 weeks.

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

Prices:

£8 Pay as you go

£40 for 6 session card (use within 2)



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