

Pilates Class - Thursday Morning (6 GBP)



Location **East Midlands, Northamptonshire**
<https://www.freeadsz.co.uk/x-545498-z>

Join this friendly & small group for a personal and enjoyable Pilates class. Using the original mat based pilates created by Joseph Pilates.

All equipment is provided, including mats, support mats, small balls, magic circles, resistance bands & foam bricks as and when needed.

The class is kept small to ensure that all participants can be assisted when needed and get the true benefits of Pilates. This group is suitable for beginners & intermediate level participants.

Using soft melodic music to help relax you & create ambient & focussed atmosphere this class will really help you in achieving your flexibility, mobility & postural goals.

To join, simply contact us to reserve a place. The class is booked on a first come/first served basis. So please ensure you book early to avoid missing.



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