

# Pilates Fitness Exercise Classes in Norwich, Helleston, Costessey, Sprowston.



Location **East of England, Norfolk**  
<https://www.freeadsz.co.uk/x-566443-z>



Come and join me for any of my Pilates classes listed below or get in touch if you'd like one to one, or to set up a group session.

My name is Laura and I am Level 3 Mat Pilates and Level 4 Low Back Pain exercise qualified and have been teaching for over 8 years.

My classes will help improve the strength and tone of your core muscles and the whole body. You will also improve mobility and flexibility of the muscles and joints. Learn improved body awareness and coordination as well as helping improve low back pain and relieving stress.

My classes are suitable for beginners to more advanced but I do recommend a one to one session first if you have any injuries or back problems or have never exercised before. Please feel free to get in touch with me to discuss this or any other questions you have and I can advise you, or just turn up for any of my classes as there is no need to book.

Monday's - 7.30-8.30pm - Sprowston Diamond Centre, School Lane, NR78UA.

Tuesday's - 9.30-10.30am - 16th Norwich Sea Scouts, The Street, Costessey, NR8 5DB.

Wednesday's - 6.30-7.30pm - Helleston Community Centre, Middletons Lane, NR6 5SR.

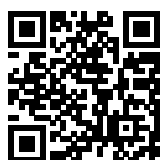
Friday's - 9.30-10.30am - Helleston Community Centre, Middletons Lane,

For a day if you go with a block of 10 classes (can be used over 2 months)  
 Please bring your own mat please bring your own mat provide all other



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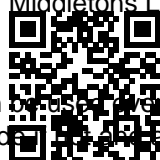
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