

PIYO (mixture of Pilates amp Yoga) Emerson Green Primary School (4 GBP)



Location **South West, Avon**
<https://www.freeadsz.co.uk/x-569514-z>



Do you love Pilates and Yoga, but need a work out that's needs bit more oomph?
 Then this is for you - there is no high impact workouts, just stretching and flexing. This is a fab all over body toning and strengthening your core muscles.
 You will need to bring a yoga mat/or towel and water. can be done in trainers or bare feet or yoga socks.
 For further information contact Caroline 07946 201923 07946 2019...(click to reveal full phone)



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