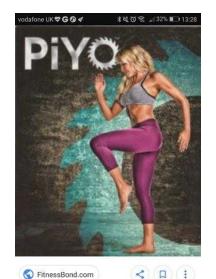


PIYO (mixture of Pilates amp Yoga) Emerson Green Primary School (4 GBP)



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

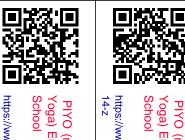


Do you love Pilates and Yoga, but need a work out that's needs bit more oomph?

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)







Comprehensive PiYo Review - Detailed And Im.



























Green

Primary

