

Equilibrium - YogaPilates Blend - Thursday 7pm



Location

South West, Gloucestershire
<https://www.freeadsz.co.uk/x-589153-z>

St. Joseph's Church Hall, Oldends Lane - Thursday 7:00 pm

Also 9:30 am at Douglas Morley Church, Elm Road.

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.

Prices:

£8 Pay as you go

£40 for 6 session card (use within 2)



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