

PILATES IN HURSTBORNE TARRANT



Group Matwork at Hurstbourne Tarrant Community Centre

Tuesday 8.45 - 9.45am Intermediate

Tuesday 9.45 - 10.45am Beginners

Thursday 8.45 - 9.45am Intermediate

Thursday 9.45 - 10.45am Multi-level

All levels welcome. Pre-booking required as limited places. Classes run as half termly courses. Highly experienced Pilates Institute teacher.

For further details and to make a reservation contact Caroline McCord on 07817 503546 or caroline@backinbalancepilates.com or 01672 511360 or www.backinbalancepilates.com

Pilates helps promote

Deep muscle toning
Back Strengthening
Postural awareness
Core stability
Inch Loss