

MODERN PILATES

SMALL BEGINNERS & INTERMEDIATE CLASSES

WEDNESDAY 9:45 – 10:45 a.m.

THURSDAY 6:30 – 7:30 p.m.

Pilates is for EVERYONE, Men & Women of all Ages & Abilities
Enjoy the benefits that will help make your day-to-day life easier

Do you suffer with?

- Back pain
- Neck or shoulder pain
- A weak core
- Arthritis
- Osteoporosis
- Sports injury
- Poor posture
- A weak pelvic floor

Have you had?

- Hip replacement(s)
- Knee replacement(s)
- Back or shoulder surgery
- Sports injury
- An accident



Benefits

- Reduced back and neck pain
- Improved joint mobility
- Increased core strength
- Posture awareness
- Strengthened pelvic floor
- Reduces risk of injury
- Improved balance and co-ordination
- Decreased stress
- Useable in daily life
- Adaptable to you

6 weeks BLOCK BOOKING £39 or DROP IN £7.50

Over 65 - 6 weeks BLOCK BOOKING £36 or DROP IN £7.00

Book now for a FREE TASTER CLASS - contact Elizabeth

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Email: elizabeth@lizziemecorepilates.com

