

STARTING IN JANUARY

**STANDON AND PUCKERIDGE
COMMUNITY CENTRE**

Beginners Pilates

New Group Classes

Wednesday 9.30am • Saturday 9.30am

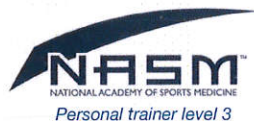
Why Pilates

- *Strengthens Core*
- *Improves Posture*
- *Helps Prevent Injuries*
- *Improves Muscle Tone*
- *Helps Relieve Stress*

*Places are limited so please book your space
by calling Clare 07966 213880
or email: clarehoward@live.co.uk*

£42
for 6 weeks
(£7 a class)

£8.50
single class



Personal Training



Private 121's or train with a friend or partner

- *Specialist Areas*
- *Weight Loss*
- *Pre and Post Natal Training*
- *Sports Specific*
- *Pilates (reformer and mat)*

Train in a private studio in Standon

- *Nutritional support given*
- *Testimonials available*

Call to book your free taster session

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