

# ***Beginners Pilates Class in Longridge!***



Balance, Precision, Strength, Flexibility

***Starts Thursday 10<sup>th</sup> September***

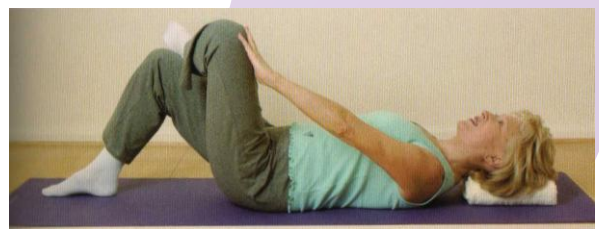
# ***Pilates for Grown-Ups***

***6-week course specifically for beginners***

***Civic Hall, Longridge 8.00 – 9.00pm***

***6-week course (plus homework!!) £39.00***

***No prior knowledge needed; learn  
how Pilates can help improve  
MOBILITY, FLEXIBILITY, REDUCE  
PAIN and also STRENGTHEN CORE  
MUSCLES AND DETER OR REDUCE  
THE EFFECTS OF AGEING.***



***Places limited to just 12 per course – booking essential.***

***For more details contact***

***Cath Hopkinson, Pilates Specialist 0794 1012305***

***[www.prestonpilates.co.uk](http://www.prestonpilates.co.uk)***

Control, Alignment, Breathing, Concentration, Flow.