



Pilates

Gt Ecclestone

WI Hall, Chapel Street

Tuesday starts 7th Sept and 2nd Nov

6.30pm &
7.35pm

Level 2/3 Pilates with small
equipment

7 Weeks
£49.00

FREE weekly video homework!

Classes also in Longridge and Chorley

Level 2/3

Start to challenge your coordination and learn new moves using small equipment. Notice how your body responds to the more demanding Pilates exercises – you will be stronger and leaner!

If you are ready for a dedicated and challenging Pilates class – this is it! Perfect if you have done Pilates before and are ready to move on. Modifications to all moves given to make sure you workout at your level. Video Homework.



Cath Hopkinson, Pilates Specialist

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