



# Ante Natal Pilates Chorley



Clayton Brook Children's Centre

**Friday**

1.30pm

*Ante Natal Pilates*

Ongoing FREE  
classes

**FREE weekly video homework!**

*Classes also in Longridge, Garstang and Gt Eccleston*

## Ante Natal Pilates can

- Help reduce the risk of back pain and also may aid recovery of back pain
- Improve or maintain good posture
- Condition the deep abdominal muscles to help carry the weight of baby
- Strong abdominal muscles to help with delivery of baby
- Aid in getting your shape back after pregnancy



**FREE WEEKLY DROP-IN CLASS!**

**Cath Hopkinson, Pilates Specialist**

**0794 1012305 [www.experiencewellness.co.uk](http://www.experiencewellness.co.uk)**

