



Pilates

Garstang

Vitality, Dimples Lane

Wednesday starts 21st April

1.30pm	<i>MUM & ME</i> – Baby Massage and Post Natal Pilates	4 weeks £40.00
2.45pm	<i>Level 1 Pilates</i> – Back rehab, beginners etc	4 weeks £40.00

FREE weekly video homework!

Classes also in Chorley, Garstang and Gt Eccleston

Baby Massage and Post Natal Pilates.

Take time out for both you and baby – gently massage and soothe baby then using gentle yet effective Pilates start to regain your fabulous figure!! Limited to just 5 per course.



Level 1 Pilates

Perfect for beginners, returning from injury or back/neck pain. Focusing on technique and simple yet effective moves let Pilates begin to strengthen, lengthen and tone your whole body. Notice how your movements become easier and maybe less painful – improves function. Limited to just 5 per course.

Video Homework.

Cath Hopkinson, Pilates Specialist

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