

Chair Pilates at Age Exchange

Mondays
11.45am-12.45pm
Bakehouse Theatre

Places are allocated on a first come basis.
Payment via 10 class pass.

To book call Julie
07944 498 126
julie@julievanleerpilates.co.uk
www.julievanleerpilates.co.uk

These classes will help you

IMPROVE mobility, balance and coordination
INCREASE flexibility and muscle tone
REDUCE neck, shoulder and back pain