

Chair Pilates is back at Age Exchange

Mondays
11.15am-12.15pm
12.30-1.30pm
Bakehouse Theatre

Due to Covid restrictions the class will have a max of 12 places. Once you have a place it will not be offered to anyone else. 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