

Breathe Pilates

St. Mary's Church Hall Booking

(Opposite Church)

Monday	Pilates	9.30am - 10.30am
Monday	Pilates	6.45pm - 7.45pm
Wednesday	Pilates	9.30am - 10.30am
Wednesday	Pilates	6.45pm - 7.45pm
Friday	Pilates-Yoga Stretch	9.00am - 10.00am

also at...

& GOSFIELD VILLAGE HALL (Maurice Rowson)

EARLS COLNE VILLAGE HALL
Thursdays at 11.00am

Monday 11.15am Pilates
Friday 10.45am Pilates

Pilates and Pilates-Yoga Stretch will not only improve core and back strength but is also fabulous for toning and building overall strength, general well being and improves flexibility for day to day living.

You will leave feeling longer, leaner and rejuvenated. A class that is a must for all ages and abilities. This class is open to complete beginners and regular fitness goers. So if you have not tried it come along and join me.

Class will run on a regular weekly basis
and costs **just £6 for the hour**
Please bring your own mat

Ingrid Payne 07718 924165

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Pilates with Ingrid

