



**STILL NOT MADE THAT DECISION TO START
PILATES THIS YEAR?!
MAYBE THIS WILL HELP –**

BODY CONTROL PILATES

“An introduction to the Pilates technique”

***Saturday 11th February 2-4pm
at
Northwood House Community Hall***

***COST – JUST £7 AND THIS MAY BE
USED TOWARDS YOUR FIRST BLOCK OF
MATCLASSES!***

****to commence week beginning 27th February***

**IT IS IMPORTANT TO BOOK YOUR PLACE AS
NUMBERS IN THE CLASS WILL BE LIMITED.**

***So please phone or e mail Hilary to ensure
you have a place
07506 711774 hilary.pilates@hotmail.com***