

POSITIVE PILATES NORFOLK

Pilates For Beginners

Trimingham Hall – Thursday 5:30-6:30pm starting
6th September 2018

Benefits of Pilates include improving flexibility, back pain, posture and core strength. If you have never tried Pilates or have been away from it for a long time and would like to return, for an introductory £5 per session, this is the class for you.

Open to everybody - all you need is, comfortable clothes a bottle of water and a small towel.

Starting on the principles and fundamentals of Pilates, building on exercises on a weekly basis we work to your individual pace. These are small classes so booking is recommended. If you are unsure and would like to talk it through first then give me a call or email.

To discuss or book your place contact Jo: 07539649077 or email info@positivepilatesnorfolk.co.uk



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