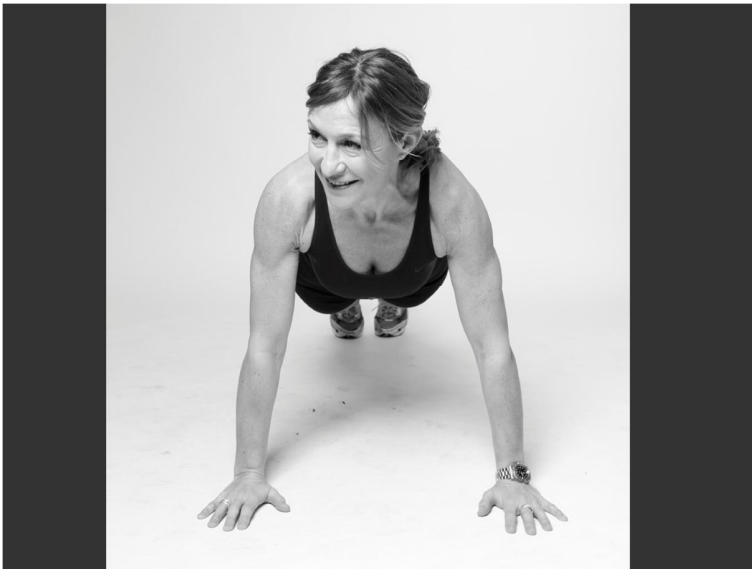


PILATES WITH CATH



Pilates is a safe and effective exercise system that can improve your strength, flexibility and overall mobility. It is suitable for everyone regardless of your level of fitness.

I am a fully qualified Body Control Mat Instructor also qualified in Bone Health, Small Equipment use and Pilates for Equestrians.

Classes every Monday at Memorial Hall, Watton at Stone 5.30pm, 6.30pm, 7.30pm
For more details contact Cath on:
Mobile 07968474358.
Email cathianson@icloud.com.