

Pilates Plus

Classes in Farnham

Would you like to

Improve:

- ★ Posture
- ★ Balance
- ★ Flexibility
- ★ Muscle tone
- ★ Joint mobility
- ★ Core and Pelvic floor strength

Decrease:

- ❖ Back ache
- ❖ Neck and Joint Pain
- ❖ Stress levels



Come along to the Daniel Hall, Long Garden Way, Farnham, GU9 7HX and join our lovely mixed ability group.

Every Monday Afternoon 2.15 - 3.15 (drop in £8 per class)

Please wear comfortable clothes and bring a mat.

Email sfowlerevans@aol.com

or call Suzanne on 07774705306 for more info