

Pilates

Three excellent classes per week

Tuesdays 10:00am till 11:00am (Men)

Tuesdays 11:00am till 12 noon (Ladies)

Thursdays 11:15am till 12:15pm. (Ladies)

All ages welcome from 18 to 80 ... Enjoy the friendship and camaraderie while getting fit and flexible under the expert tutorage of Val Elliott, who will help and guide complete beginners and experienced pupils.

Please telephone for further information: 0121-744-4778.
