

WGPILATES

PILATES CLASSES

Would you like to release tense muscles? Strengthen your body? Improve your posture? Have better balance?

Regular Pilates sessions can help you!

Classes held at Tadley Community Centre:

Mondays at 12.15pm

Mondays at 1.30pm*

Thursdays at 1.30pm*

Fridays at 9am

** This is a gentle class for those who need exercises to be modified for whatever reason and is largely chair-based*

More classes are held at other local venues, visit www.wgpilates.co.uk

Contact Wendy Gill on 07961 102535 or wendygill44@yahoo.co.uk

Class sizes are small and booked in blocks in advance



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