



Beginners Pilates

East Barkwith Village Hall

Tuesdays 9:30am

beginning Sep 5th

Friendly class

All levels welcome

Working at a steady pace

Strengthening the joints and ligaments

Strengthening the core to stabilize the spine

Improving mobility and flexibility in the entire body

Functional movements using small Pilates equipment

Level 3 Pilates Instructor

Equipilates Biomechanics trainer

Level 3 Exercise Referral (long term conditions)

Fully insured and first aid trained

Email:- emma.EmPowerpilates@gmail.com

or Phone/WhatsApp:- 07866 394463

for more details