

Pilates Classes

Every Tuesday 4.30-5.30pm

b

Tel: 07711 756 572

b

at Reighton Village Hall



For a stronger, longer, leaner you!
Creates strong deep core muscles for
better posture, flexibility and
improved balance.

All levels welcome, beginners to
improvers and beyond!
Men, women, couples of all ages, it's
never too late to start Pilates

Come along & have some fun!

****Class £4****

All mats & equipment provided
so booking advisable to confirm your mat

Some Equipment We Use
in Our Classes:



Stability Cushion

Big Swiss Balls



90cm Duplex
Foam Roller

Pilates Rings



Massage Balls



Resistance Bands



Taught by fully qualified REP's Diploma Matwork Pilates
teachers verified by the Register of Exercise Professionals
www.exerciseregister.org/about

PILATES

Classes & Fitness

☆ With ☆

b

barbarapilates.com

b

tel: 07711 756572

email: bbabs.fit@gmail.com