



## New Pilates Classes at Thorndon Village Hall

**Mondays during term time**

**9:45am Mum and Baby (children not essential!)**

**11:00am Mixed Ability Group**

**Pilates can benefit everyone, no matter what age, size or fitness level. My Classes are small groups to give you the attention you need.**

**Call Eleanore on 07881 814146 to book a space.**

**£7 per class for a 5 week course or £8 drop in.**

**Your first class is free, so why not give it a try!**

**Improve flexibility, improve strength,  
improve posture, improve life.**