

PILATES SESSIONS

Turn up, Tone up and Turn on to feeling good!

For men and women of all ages – work to your own level of fitness.
Exercise that really works - try it.

Pilates is wonderful for alleviating pains in your muscles and joints. It addresses your postural problems and re-balances your body. It will improve your strength and flexibility, and the sessions will leave you feeling calm and focussed (See my web site for testimonials.)

CLASSES (Suitable for all levels unless otherwise stated)

MONDAY	2.00-3.15pm	WOLLATON	St. Leonards Community Centre Bramcote Lane, NG8 2ND
MONDAY	5.45-7.00pm	CHILWELL	Chilwell Memorial Hall, 129 High Road, Chilwell, NG9 4AT
TUESDAY	12.10-1.10	BEESTON	Pearson Centre, 2 Nuart Rd, Beeston, NG9 2NH
TUESDAY (Improvers)	6.15-7.15pm	BEESTON	Hope House (United Reform Church) Boundary Road Community Centre, Boundary Road, Beeston, NG9 2RF
TUESDAY	7.20-8.35pm	BEESTON	Hope House (United Reform Church) Boundary Road Community Centre, Boundary Road, Beeston, NG9 2RF
WEDNESDAY	6.00-7.00pm	CHILWELL	Chilwell Memorial Hall 129 High Road, Chilwell, NG9 4AT
THURSDAY	7.15-8.30pm	BEESTON	Hope House (United Reform Church) Boundary Road Community Centre, Boundary Road, Beeston, NG9 2RF

New clients please contact me to confirm that drop-in spaces are available.

If you are unable to attend a session, please contact me in advance to help me confirm numbers.

PRICES

Pay as you go: £8.00per session

6 week block: £40 - guarantees your place each week at a session above.

Special offer: £70 for 12 sessions– attending twice a week for 6 weeks.

1-2-1 sessions: £40 per 75min - Individually targeted sessions in my studio or at your home.

For more information and to book a session please contact Clare:

Text/Phone: 07868717915 or 0115 9130707

Email: clarebrownpilates@gmail.com

TOP RATED

Ranked 3rd out of 302

UK Pilates Courses

