

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 the body. It will improve your strength and flexibility, and the sessions will leave you feeling calm and focussed (see my website for testimonials).

CLASSES (suitable for all levels unless otherwise stated)

MONDAY	2.00 – 3.15 PM	WOLLATON	St. Leonards Community Centre, Bramcote Lane, NG8 2ND
MONDAY	5.45 – 7.00 PM	CHILWELL	Chilwell Memorial Hall, 129 High Road, Chilwell, NG9 4AT
TUESDAY	12.30 – 1.30 PM	BEESTON	Beeston Youth & Community Centre, West End, Beeston, NG9 1GL
TUESDAY	6.15 – 7.15 PM	BEESTON	Hope House (United Reform Church), Boundary Road Community Centre, Boundary Road, Beeston, NG9 2RF
TUESDAY	7.20 – 8.35 PM	BEESTON	Hope House (United Reform Church), Boundary Road Community Centre, Boundary Road, Beeston, NG9 2RF
WEDNESDAY	6.00 – 7.00 PM	CHILWELL	Chilwell Memorial Hall, 129 High Road, Chilwell, NG9 4AT

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: £8.00 per session

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

1-2-1 sessions: £40 per 60 mins – individually targeted sessions in my studio or at your home

For more information and to book a session, please contact Claire:

Text / Phone: 07868717915 or 0115 9130707

Email: clarebrownpilates@gmail.com