

SHIMPLING VILLAGE HALL

PILATES CLASSES

THE BENEFITS OF PILATES

The focus is on core strength & spinal mobility to ensure optimum alignment of the body.

This creates graceful, efficient, and functional movements and helps to alleviate aches and pains.

The breathing and mindful aspect of Pilates supports both physical and mental well-being.

It is intelligent exercise!



2 Sessions are held each **Monday** in term time
at **9.30 – 10.30** and **11 – 12noon**
£7 per session - Equipment provided free

Interested in joining in?
Contact Louise Fuller 07875 370902