

PILATES

Mottram St. Andrew Village Hall

Tuesdays
2-3pm
Beginner/
Improvers



Thursdays
2-3pm
Absolute
Beginners

**Tired of back pain?
Need to improve your posture?
Want to feel stronger and more flexible?**

**BOOK YOUR
FREE TASTER CLASS**

Starts 14th/16th May
For bookings and information
contact Ruth on **07976 621069**

www.rppilates.co.uk