

# Pilates Classes



**Try Pilates without the commitment of enrolling for a course of classes!**

**Daytime & evening sessions available**

**First sessions Free**

**6 People per session**



Pilates is a precise gentle exercise which develops strength, flexibility, stamina and well-being. It balances strength with flexibility and alignment which releases stress and tension and improves core stability, posture and muscle tone.

## **If I learn Pilates with good technique and training, how can it help me?**

- Improved flexibility
- Greater joint mobility
- Increased joint stability
- Greater core strength/stability
- Flatter stomach
- Improved coordination
- Reduced stress levels
- Stronger pelvic floor
- Increased efficiency of respiratory and circulatory systems
- Improved lymphatic drainage
- Stronger immune system
- Reduced lower back pain
- Increased muscular strength, endurance and tone
- Reduced risk of injury.

**If you would like further information visit our website,  
Facebook page or call 07876298884**

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[www.facebook.com/BCTWeston](http://www.facebook.com/BCTWeston)

[www.bringingcommunitiesstogether.org.uk](http://www.bringingcommunitiesstogether.org.uk)