

Pilates Classes



Strength & Flexibility from Within

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

Daytime & evening sessions available
£4.50 per session - Pay as you go
6 People per session

Free
45 minute
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.

Where: BCT, 37-40 Regency House, Alexandra Parade, WsM, BS23 1QZ

Booking: Enquiries and bookings please contact us:

Tel: 07876 298884 or **Email** info@bringingcommunitiestogether.org.uk

**Please confirm as soon as possible if you wish attend.
Limited spaces available so book early.**

Please bring comfortable clothing a medium sized towel and a bottle of water.
Activity will be wearing socks.

www.bringingcommunitiestogether.org.uk

Company registration Number: 07165681