

STAINFORTH VILLAGE HALL

Monday at 1430

Gentle Pilates Conditioning – L1

As well as engaging our core and glute muscles this class will include standing balance, sitting and a lying mat sequence to stretch and mobilise your spine. It takes the body through a range of simple movements to gently test muscle groups throughout the body.

Wednesday at 1815

Total Body Pilates Flow Class – L1/L2

This class includes a range of exercise sequences starting off at level 1 and then building up to level 2 over a period of weeks. It will combine movements that will mobilise and lengthen the whole body.

Please contact: Liz Brealy directly for further details and to book a session

- thebrealys@gmail.com