



PILATES CLASSES

LENGTHEN - STRENGTHEN - MOBILITY

I AM DELIGHTED TO WELCOME YOU TO
MIXED ABILITY PILATES CLASSES

9:30AM FRIDAY 1 HOUR

10:40AM FRIDAY 1 HOUR

7:30PM WEDNESDAY 1 HOUR TBA

ADDITIONAL TIMES, DAYS & VENUES TBA

THE FUNDAMENTALS OF PILATES
FOCUS BREATH CONTROL CENTRING
PRECISION OF MOVEMENT
RELAXATION ALIGNMENT FLOW

CLIENT ENROLMENT FORM MUST BE COMPLETED
& RETURNED BEFORE START PROVIDED BY EMAIL.

THANK YOU - ASHIA

LOCATION:
ST EDMUNDS CHURCH
MITCHLEY AVENUE
SOUTH CROYDON
CR2 9HL

DURATION: 1 HOUR CLASS

£12 BLOCK BOOKING

£14 DROP IN SESSIONS

(SUBJECT TO AVAILABILITY - CONTACT ME)

PLEASE BRING A MAT - ALSO PROVIDED



PILATESBYASHIA@GMAIL.COM



07919808080