



RE-DISCOVER PILATES from 6th November



- Improved posture
- Relief from back pain
- A good night's sleep
- Increase your strength and stamina
- Pilates can help prevent osteoporosis
- A great way to relax and beat stress
- Improve your balance and co-ordination
- Helps aid recovery after injury - and prevent injury recurring

MOULTON SPORTS COMPLEX
FRIDAYS 18:00—19:00